Cybex 750T Treadmill
Product Number 751T
Owner's Manual

Cardiovascular Systems

Part Number LT-20406-4 H

www.cybexinternational.com

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10 Trotter Drive Medway, MA 02053 • 888-462-9239 • 508-533-4300 • FAX 508-533-5183
www.cybexinternational.com • techhelp@cybexintl.com • LT-20406-4 H • March 2010

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About This Manual

An Owner's Manual is shipped with each unit. To purchase additional copies of this manual or any other Cybex manual, please do one of the following:

- fax your order to 508-533-5183
- contact Cybex Customer Service at 888-462-9239
- or contact Cybex Customer Service at 508-533-4300

To contact Cybex with comments about this manual you may send email to techhelp@cybexintl.com.

FCC Compliance Information

WARNING: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception (which can be determined by turning the equipment off and on) the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio TV technician for help.

1 - Safety

IMPORTANT: *Read all instructions and warnings before using the treadmill.*

Important Voltage Information

Before plugging the power cord into an electrical outlet, verify that the voltage requirements for the site match the voltage of the treadmill that has been received. The power requirements for the Cybex 750T Treadmill include a grounded, dedicated circuit, rated for one of the following:

- 100 VAC, 50/60 Hz, 20A
- 115 VAC, 60 Hz, 20A
- 220 VAC, 60 Hz, 15A
- 230 VAC, 50 Hz, 15A
- 230 VAC, 50 Hz, 13A, UK

See the serial number decal for the exact voltage requirements of the treadmill.

WARNING: Do not attempt to use this unit with a voltage adapter. Do not attempt to use this unit with an extension cord.

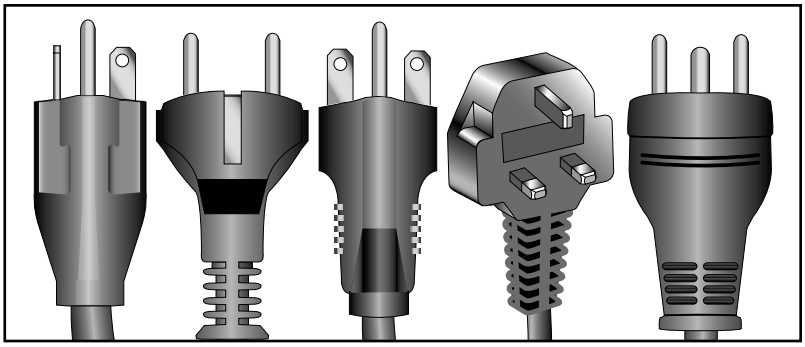
WARNING: Do not plug more than one unit into a single circuit.

Grounding Instructions

This treadmill must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service provider if there is doubt as to whether the treadmill is properly grounded. Seek a qualified electrician to perform any modifications to the cord or plug. Cybex is not responsible for injuries or damages as a result of cord or plug modification.

This treadmill is for use on a grounded, dedicated circuit. Make sure that the treadmill is connected to an outlet having the same configuration as the plug. Do not use a ground plug adapter to adapt the power cord to a non-grounded outlet.



115 VAC NEMA 5-20	Euro Plug CEE 7/7	220 VAC NEMA 6-15	UK 230 VAC	Danish IEC320

Important Safety Instructions

(Save These Instructions)

DANGER: To reduce the risk of electric shock, always unplug this treadmill from the electrical outlet immediately after using it and before cleaning it.

WARNING: Serious injury could occur if these precautions are not observed. To reduce the risk of burns, fires, electric shock, or injury:

User Safety Precautions

- Obtain a medical exam before beginning any exercise program.

WARNING: Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.

- Stop exercising if you feel faint, dizzy, or experience pain and consult your physician.
- Obtain instruction before using.
- Read and understand the Owner's Manual and all warnings posted on the unit before using.
- Read and understand emergency stop procedures.
- **DO NOT** wear loose or dangling clothing while using the treadmill.
- Keep all body parts, towels, water bottles and the like free and clear of moving parts.
- Place your feet on the two top steps when starting or stopping the treadmill.
- Use the treadmill handrails for support and to maintain balance.
- Keep children away from the treadmill. Teenagers and disabled persons must be supervised while using.
- **DO NOT** use the unit if you exceed 400 lbs. (181 kg). This is the rated maximum user weight.
- Report any malfunctions, damage or repairs to the facility.
- Replace any warning labels if damaged, worn or illegible.
- Stop and place the treadmill at 0 degrees incline (level) after each use.
- Disconnect power before servicing.

Facility Safety Precautions

- Instruct all users on how to clip the e-stop clip onto their clothing and carefully test it prior to using the treadmill.
- Instruct all users to use caution when mounting and dismounting the treadmill.
- Use a dedicated line when operating the treadmill. ***NOTE:*** *A dedicated line requires one circuit breaker per unit.*
- Connect the treadmill to a properly grounded outlet only.
- **DO NOT** operate electrically powered treadmills in damp or wet locations.

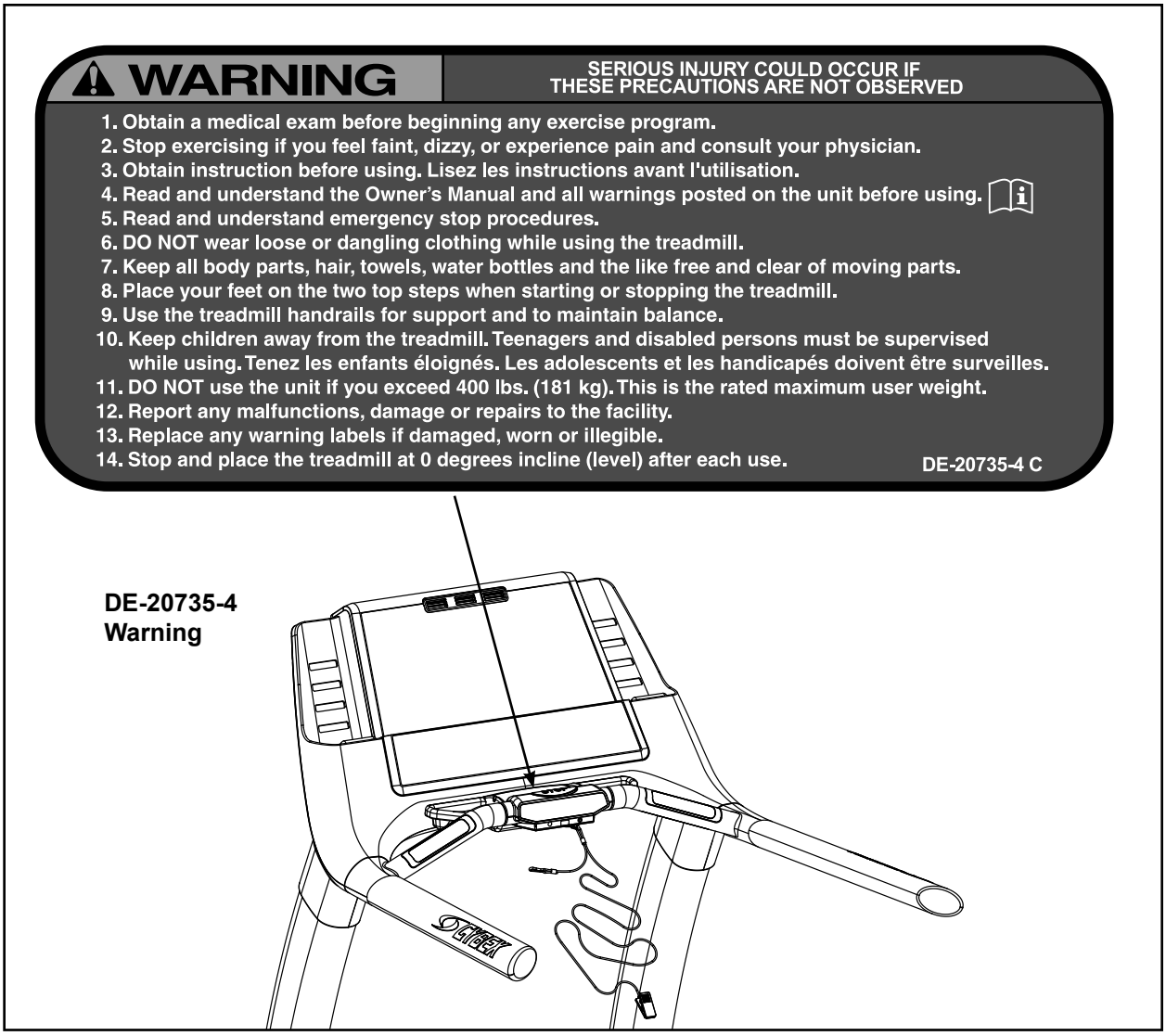
- Keep the running belt clean and dry at all times.
- **DO NOT** leave the treadmill unattended when plugged in and running. ***NOTE:*** *Before leaving the treadmill unattended, always wait until the treadmill comes to a complete stop and is level. Then, turn all controls to the STOP or OFF position and remove the plug from the outlet. Remove the e-stop key from the treadmill.*
- Immobilize the treadmill (when not in use) by removing the e-stop key.
- Inspect the treadmill for worn or loose components before each use. Do not use until worn or damaged parts are replaced.
- Maintain and replace worn parts regularly. Refer to "Preventive Maintenance" section of Owner's Manual.
- **DO NOT** operate the treadmill if: (1) the cord is damaged; (2) the treadmill is not working properly or (3) if the treadmill has been dropped or damaged. Seek service from a qualified technician.
- **DO NOT** place the cord near heated surfaces or sharp edges.
- **DO NOT** use the treadmill outdoors.
- **DO NOT** operate the treadmill around or where aerosol (spray) or where oxygen products are being used.
- Read and understand the Owner's Manual completely before using the treadmill.
- Ensure all users wear proper footwear on or around all Cybex equipment.
- Set up and operate the treadmill on a solid, level surface. Do not operate in recessed areas or on plush carpet.
- Provide the following clearances: 19.7 inches (0.5 m) at each side, 79 inches (2.0 m) at the back and enough room for safe access and passage at the front of the treadmill. Be sure your treadmill is clear of walls, equipment and other hard surfaces.
- **DO NOT** attempt repairs, electrical or mechanical. Seek qualified repair personnel when servicing. If you live in the USA, contact Cybex Customer Service at 888-462-9239. If you live outside the USA, contact Cybex Customer Service at 508-533-4300.
- Use Cybex factory parts when replacing parts on the treadmill.
- **DO NOT** modify the treadmill in any way.
- **DO NOT** use attachments unless recommended for the treadmill by Cybex.
- Ensure all User and Facility Safety Precautions are observed.

- Carefully read and understand the following before using the 750T treadmill:
  - Warning Decals
  - Caution Decals

To replace any worn or damaged decals do one of the following: Visit www.cybexinternational.com to shop for parts online, fax orders to 508-533-5183 or contact Cybex Customer Service at 888-462-9239. If you are located outside of the USA, call 508-533-4300. For location or part number of labels, see the parts list and exploded-view diagram. This information can be found in the *Service* chapter in this manual or on the Cybex web site at www.cybexinternational.com.

Warning Decals

Warning decals indicate a potentially hazardous situation, which, if not avoided, could result in death or serious injury. The warning decals used on the Cybex 750T are shown below.



DE-20735-4
Warning

DE-20427
Warning Motor Cover

Caution Decals

Caution decals indicate a potentially hazardous situation, which if not avoided, may result in minor or moderate injury. There are no caution decals used on this unit. However, there are caution statements listed in Chapters 2 and 5 of this manual. See Chapters 2 and 5.

Emergency Stop Key (e-stop)

The e-stop key functions as an emergency stop. In an emergency situation, the e-stop key disengages from the console and the treadmill will come to a stop. Before using the treadmill, clip the e-stop key as described below.

1. Compress the spring and clip the e-stop clamp to your clothing. Ensure the clip engages enough clothing so it does not fall off in an emergency situation. See Figure 1. ***NOTE:*** *Be sure the string is free of knots and has enough slack for you to workout comfortably with the e-stop key in place.*
2. Without falling off the treadmill, carefully step backward until the e-stop pulls out of the console. See Figure 2. ***NOTE:*** *If the e-stop clip falls off your clothing then the test has failed. Reclip the e-stop clip to your clothing and repeat this step.*
3. Replace the e-stop key. See Figure 2.
4. The treadmill is now ready to be used. ***NOTE:*** *Ensure the the e-stop clip is secured to your clothing at all times during use.*

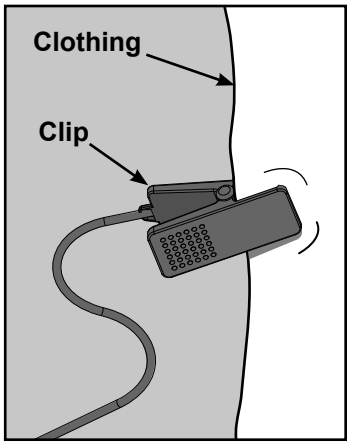


Figure 1

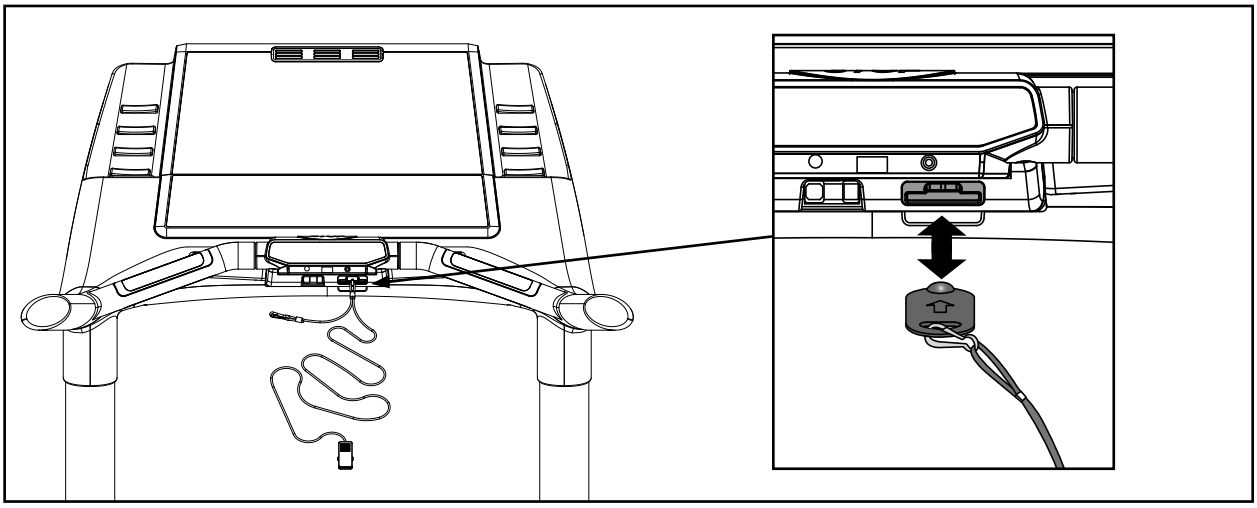


Figure 2

5. After use, remove the e-stop key from the treadmill.

NOTE: *The e-stop key can be removed to help prevent unauthorized use. Refer to the Stopping the Treadmill section in the Operation chapter for more information about the e-stop key.*

NOTE: *When not in use store the e-stop clip on the storage tab located on the lower cover. See Figure 3.*

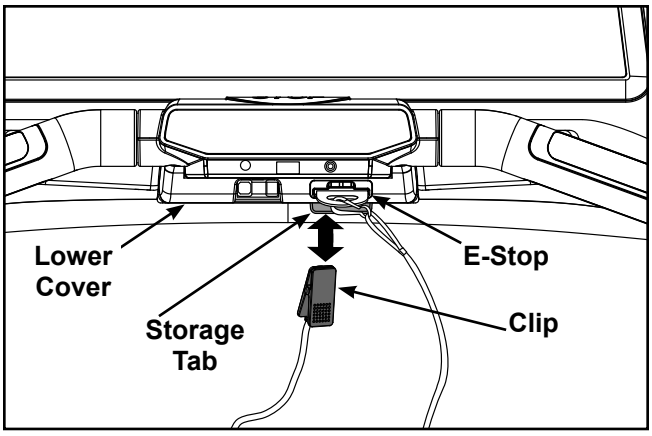


Figure 3

CSAFE Ports

The 750T Treadmill has two CSAFE ports, one in the console for CSAFE devices that need access there, and one under the base of the unit for running a network connection.

NOTE: *The CSAFE standard defines a communication protocol and low-voltage DC power source specific to the Fitness Equipment Industry. These RJ-45 phone jacks are provided for use ONLY within the CSAFE protocol. For more information on the CSAFE standard, visit www.fitlinxx.com/csafe. Not every connection carries both the communication and power capability.*

NOTE: *The console CSAFE port inside the console contains the full implementation, with both network communications and a standard CSAFE voltage (minimum 8.0 VDC) power source. The base CSAFE port is accessible under the base of the treadmill and is for network communications only and does not contain the DC power source. See Figures 4 and 5.*

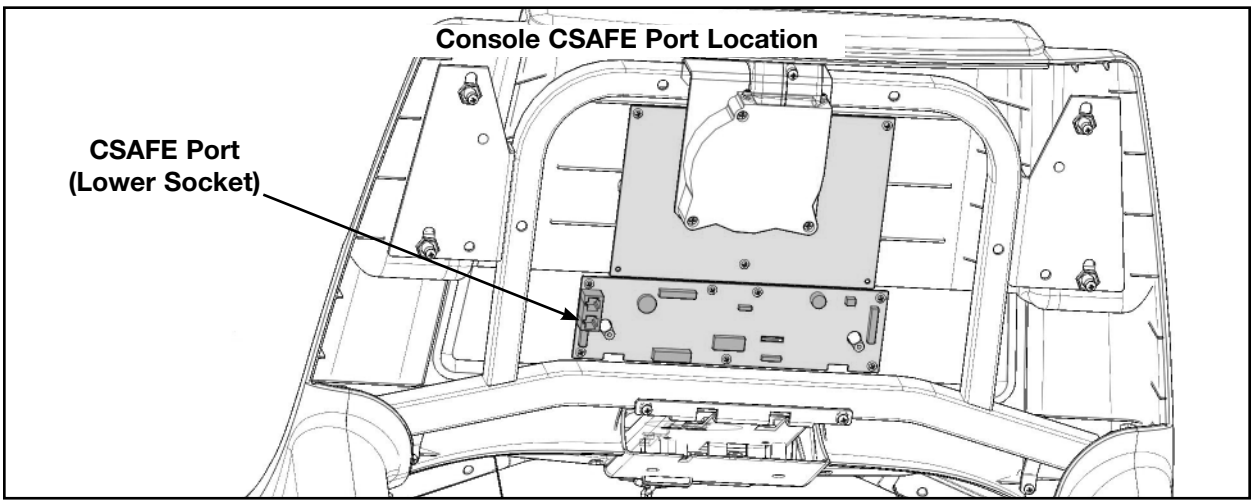


Figure 4

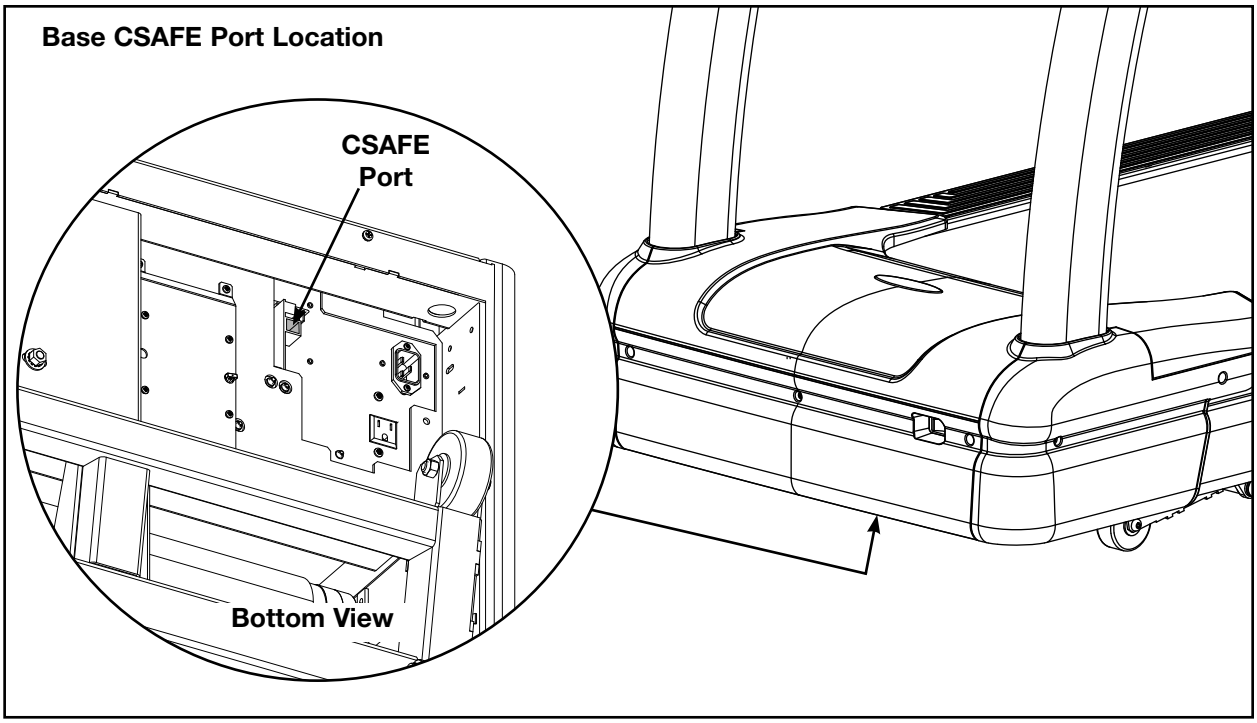


Figure 5

2 - Assembly and Setup

Warnings/Cautions

All warnings and cautions listed in this chapter are as follows:

WARNING: Use extreme caution when assembling the treadmill. Failure to do so could result in injury.

WARNING: During this procedure STAY OFF THE RUNNING BELT! Stand with your feet on the two steps.

CAUTION: A minimum of two people are required to lift, move and assemble this treadmill. Always use proper lifting methods when moving heavy items.

Choosing and Preparing a Site

Before assembling the treadmill a suitable site must selected and have the proper electrical outlet power available for optimum operation and safety. See the *Electrical Power Requirements* section (located on the next page) for direction in locating the treadmill's voltage requirements.

The area selected for the treadmill should be well lit and well ventilated. Locate the treadmill on a structurally sound and level surface (do not place in recessed areas or on plush carpet) a few feet away from walls and other equipment. Each side of the treadmill should have a 19.7" (0.5 m) minimum space. Behind the treadmill should be 79" (2.0 m) minimum of space. Allow enough clearance for safe access and passage during use of the machine. If the treadmill is to be located above the first floor, place it near or above major support beams. If the area has a heavy, plush carpet, the airflow around the base of the machine may be restricted or the carpeting may interfere with the moving parts. To protect the carpeting and the machinery, place a 3/4" (1.9 cm) thick wood base under the treadmill.

Do not install the treadmill in an area of high humidity, such as in the vicinity of a steam room, sauna, indoor pool, or outdoors. Exposure to extensive water vapor, chlorine, and/or bromine could adversely affect the electronics as well as other parts of the machine.

Electrical Power Requirements

The power requirements for this treadmill are a grounded, dedicated circuit rated for one of the following:

- 100 VAC, 50/60 Hz, 20A
- 115 VAC, 60 Hz, 20A
- 220 VAC, 60 Hz, 15A
- 230 VAC, 50 Hz, 15A
- 230 VAC, 50 Hz, 13A, UK

Contact a qualified electrician to ensure the power supply complies with local building codes.

Do not use a ground plug adapter to adapt the 3-prong power cord plug to a non-grounded electrical outlet. Do not use an extension cord.

Assembling the Treadmill

WARNING: Use extreme caution when assembling the treadmill. Failure to do so could result in injury.

CAUTION: A minimum of two people are required to assemble this treadmill.

Tools Required

- 1/2" Socket wrench with a 4" extension
- 1/2" Box end wrench, 12 point
- 9/16" Socket wrench with a 4" extension
- Phillips screwdriver

NOTE: *The words "left" and "right" denote the treadmill user's orientation.*

1. Read and understand all instructions thoroughly before assembling the treadmill.

NOTE: *Each step number in the assembly instructions tells you what you will be doing. The lettered steps following each step number describe the procedure required. Do not continue with step 2 until you have carefully read all of the assembly instructions.*

2. Verify you have received the correct package.

A. Read the sticker on the outside of the box and verify that the model number, color and voltage are what you ordered. ***NOTE:*** *During step 3 and 5 you will verify that the contents of the box match the sticker.*

3. Unpack and verify the contents of the boxes.

A. Lift up and remove the cardboard sleeve that surrounds the treadmill.

B. Verify the following items are present. Check off (☑) each item as you find it. See Figure 1. If any of the parts are missing contact Cybex Customer Service.

Item	Qty	Part Number	Description
☐ 1	1	Varies	Base assembly
☐ 2	1	Varies	Console assembly
☐ 3	1	AF-19921	Upright, Left
☐ 4	1	AF-19922	Upright, Right
☐ 5	1	AX-20383	Motor cover, Top
☐ 6	1	PL-20264	Motor cover, Front
☐ 7	1	PL-20262	Motor cover, Left (in box)
☐ 8	1	PL-20263	Motor cover, Right (in box)
☐ 9	1	PL-20355	Upright cover, Outer, Left (in box)
☐ 10	1	PL-20211	Upright cover, Inner, Left (in box)
☐ 11	1	PL-20356	Upright cover, Inner, Right (in box)
☐ 12	1	PL-20357	Upright cover, Outer, Right (in box)
☐ 13	1	PL-20210	Console cover, Back
☐ 14	1	AX-20454	Hardware pack (in box)
☐ 15	1	LT-20406-4	Owner's Manual (in box)
☐ 16	1	LT-20404	Assembly poster
☐ 17	1	LT-20405	Warranty sheet
☐ 18	1	AX-20552	Assembly, E-stop lanyard

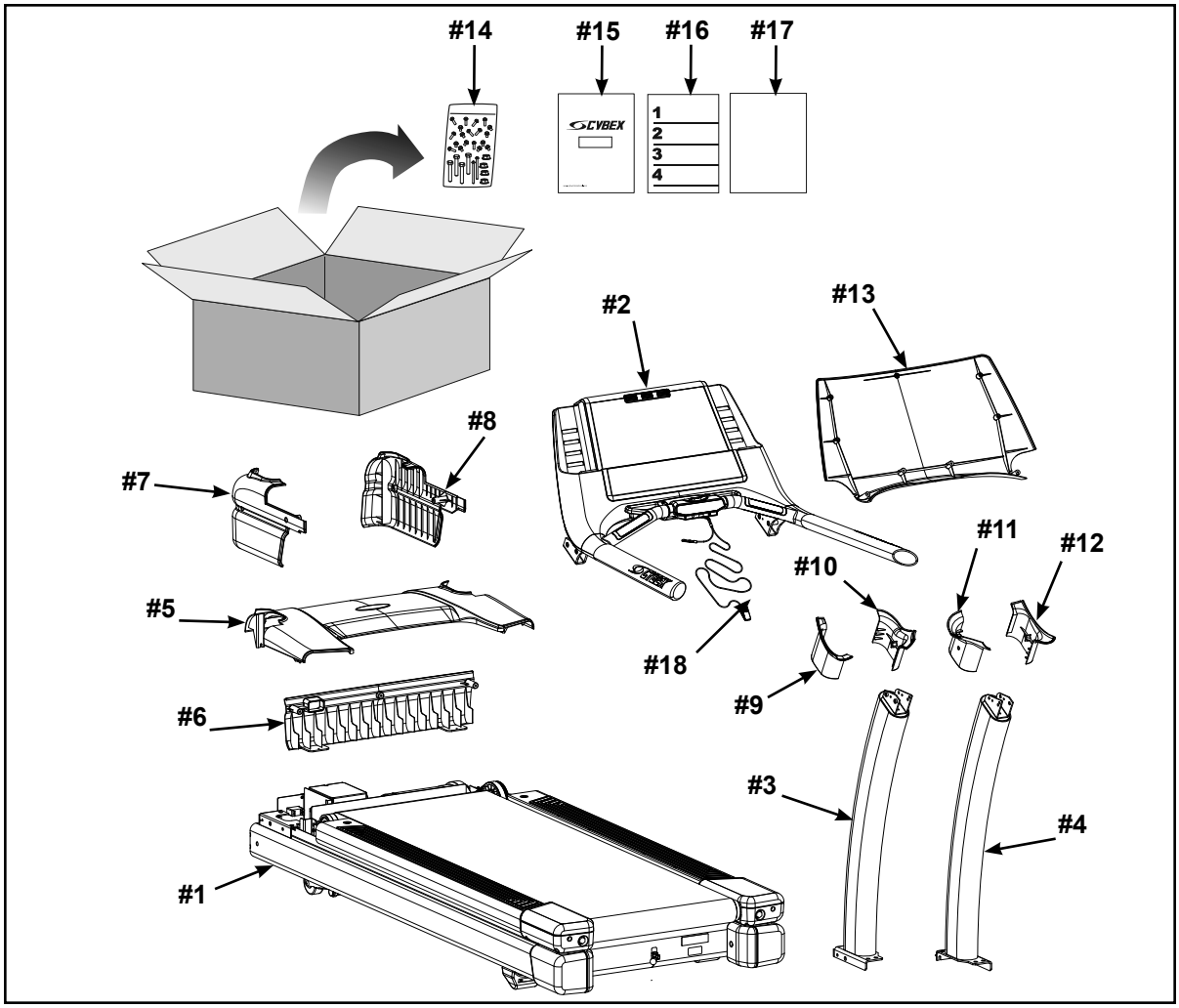


Figure 1

C. Check off (☑) each item in the hardware pack as you find it. See Figure 2.

	Item	Qty	Part Number	Description
☐	19	9	HS-16939	Screw, SEMS, 10-32 x .75", PNHD, BLK
☐	20	10	HS-16929	Bolt, Whiz Lock, 3/8-16 x .625", HXHD
☐	21	9	HS-15706	Screw, 8/16 x .50", PNHD, STL, BLK
☐	22	2	HS-41050	Bolt, 5/16-18 x 2.25", HXHD
☐	23	2	HS-20361	Screw, SLFTP, 8/16 x 2.5", Plastite, BLK ZN
☐	24	4	HN-42063	Nut, 5/16-18, Flanged, SS
☐	25	2	HW-00189	Washer, Flat 5/16"

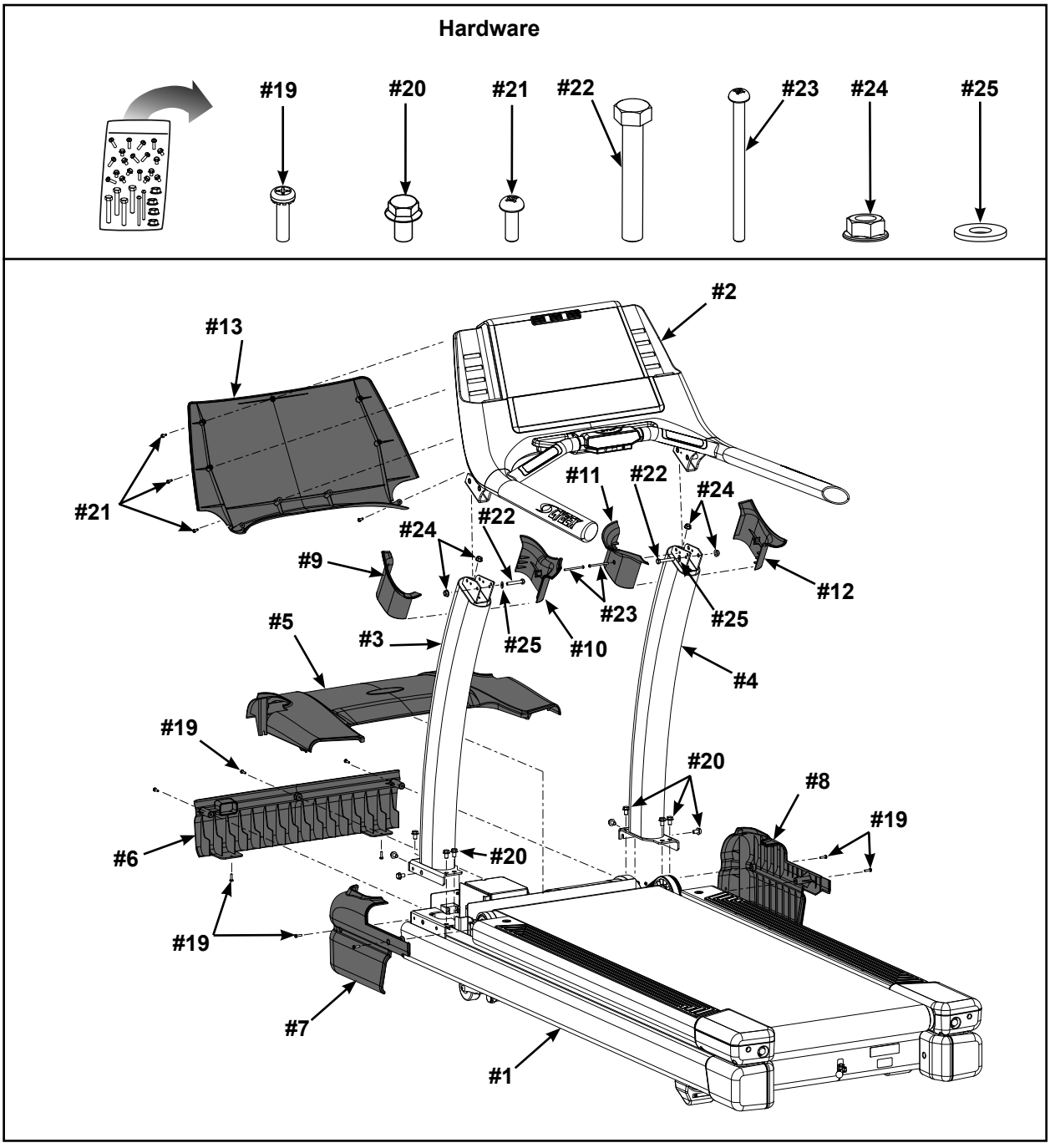


Figure 2

CAUTION: A minimum of two people are required to lift, move and assemble this treadmill. Always use proper lifting methods when moving heavy items.

4. Lift and move the treadmill.

A. At least two people should lift and move the treadmill to a level location where you intend to leave it. Use proper lifting methods.

5. Verify the model and voltage.

A. Verify that you have the correct model and voltage by looking at the serial number label located at the rear of the unit.

6. Install the uprights.

A. Locate the left upright (#3) and five bolts, 3/8-16 x .625" (#20).

B. Carefully place the left upright (#3) on the base assembly (#1) as shown. See Figure 3.

C. Using a 9/16" Socket wrench, partially tighten each of the five bolts, 3/8-16 x .625" (#20). See Figure 3.

D. Repeat steps 6A to 6C for the right upright (#4).

7. Install the console assembly to the uprights.

A. Locate the console assembly (#2), bolt 5/16-18 x 2.25" HXHD (#22), washer (#25) and two nuts (#24). See Figure 4.

NOTE: *Do not pinch or damage display cable when installing console assembly.*

B. Place the console assembly (#2) in position on the left upright (#3). See Figure 4.

C. Using a 1/2" box end wrench, partially tighten the bolt 5/16-18 x 2.25", HXHD (#22), washer (#25) and two nuts (#24). See Figure 4.

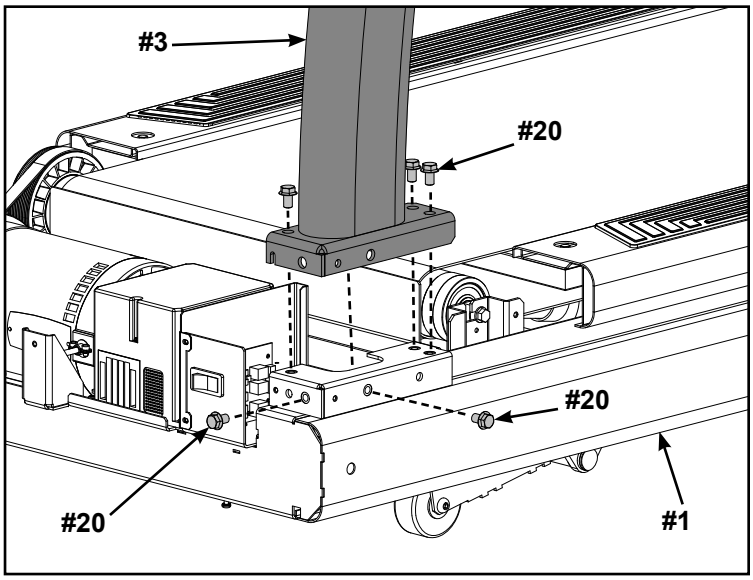


Figure 3

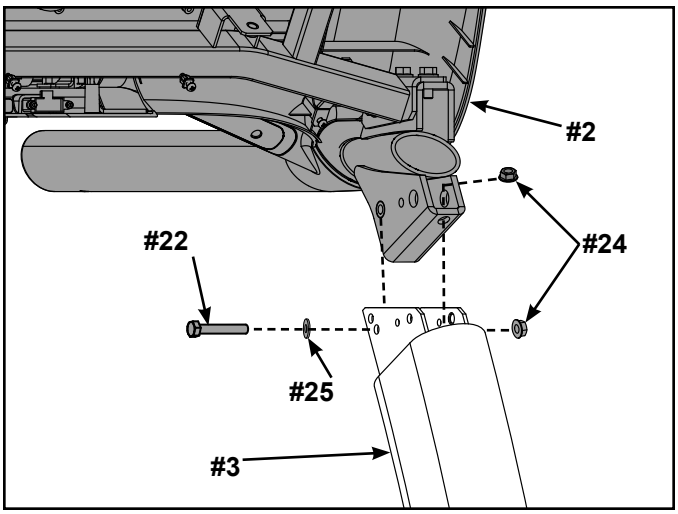


Figure 4

D. Repeat steps 7A to 7C for the right upright.

E. Using a 1/2" box end wrench, fully tighten the two bolts, 5/16-18 x 2.25", HXHD (#22) and four nuts (#24) securing the console assembly to the uprights. See Figure 4.

F. Using a 9/16" Socket wrench, fully tighten the ten bolts, 3/8-16 x .625" (#20) securing the uprights to the base assembly (#1). See Figure 3.

8. Install the Display Cable.

NOTE: *Do not pinch or damage display cable when installing.*

A. Locate the display cable exiting the back of the console assembly.

B. Insert the display cable into the top of the left upright (#3) until it exits at the base of the upright (#3). See Figures 5 and 6.

C. Plug the display cable, located at the bottom of the upright assembly (#3) into the hub board connector J3. See Figure 6.

NOTE: *If installing the A/V option, refer to the 750T A/V bracket installation instructions (supplied with the A/V bracket).*

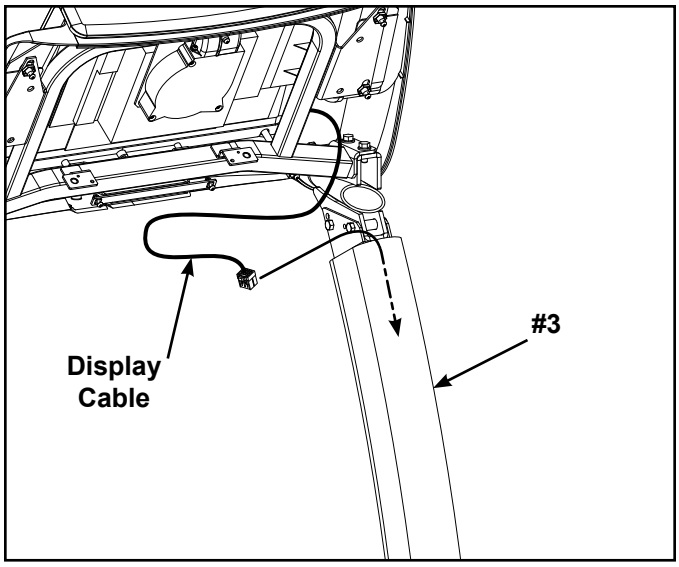


Figure 5

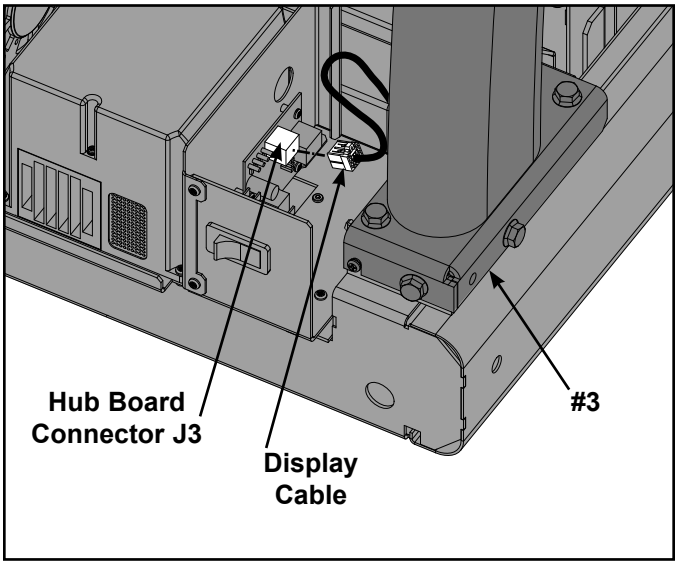


Figure 6

9. Attach the upright covers (four pieces).

A. Locate the outer left upright cover (#9), inner left upright cover (#10) and one screw 8/16 x 2.5" (#23). See Figure 7.

B. Place the two upright covers in place over the left upright (#3). See Figure 7.

C. Insert the screw 8/16 x 2.5" (#23) into the inner left upright cover (#10) and secure using a Phillips screwdriver. See Figure 7.

D. Repeat steps 9A to 9C for the right side.

10. Attach the back console cover.

A. Locate the back console cover (#13) and nine screws 8/16 x .50" (#21). See Figure 8.

B. While being sure not to pinch any cables, use a Philips screwdriver to secure the nine screws 8/16 x .50" (#21) that hold the back console cover (#13) to the console assembly (#2). See Figure 8.

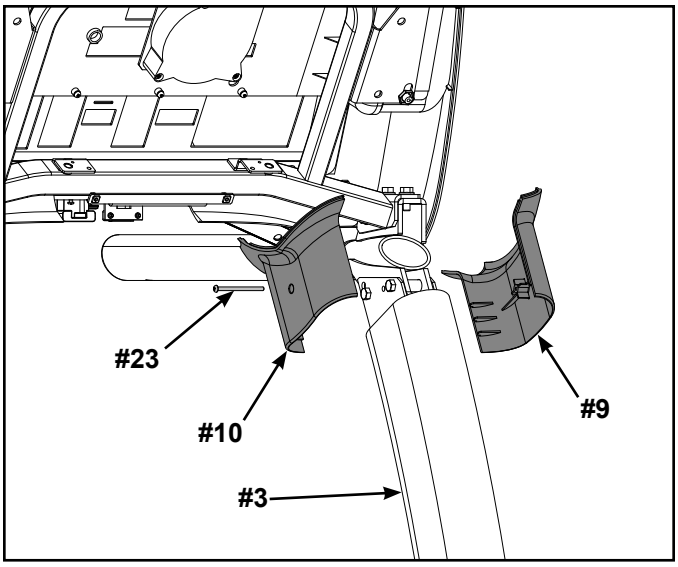


Figure 7

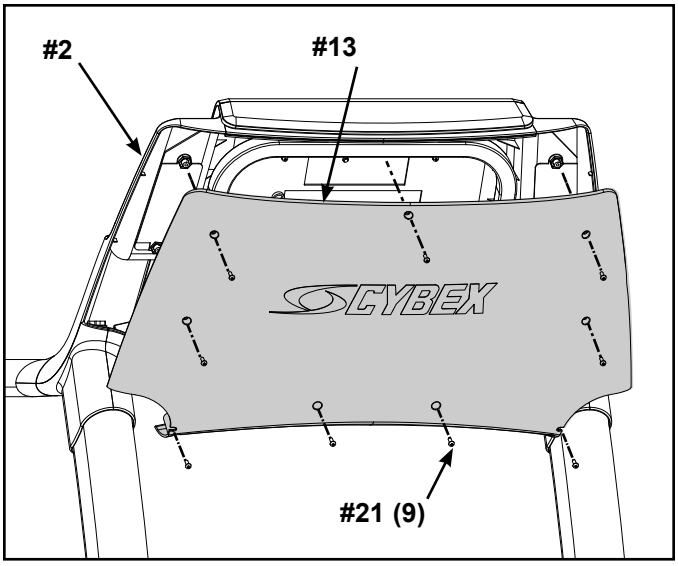


Figure 8

11. Attach the motor covers (four pieces).

A. Locate the front motor cover (#6) and five screws 10-32 x .75" (#19). See Figure 9.

NOTE: *Elevate or tip the treadmill on it's side to install the two lower screws (#19).*

B. Using a Phillips screwdriver partially tighten the front motor cover (#6) to the base (#1) with five screws 10-32 x .75" (#19). See Figure 9.

C. Locate the left motor cover (#7) and four screws 10-32 x .75" (#19)

D. Using a Phillips screwdriver, partially tighten the left motor cover (#7) with two screws 10-32 x .75" (#19). See Figure 10.

E. Repeat steps 11C and 11D for the right side.

F. Locate the motor cover top (#5).

G. Place the motor cover top (#5) into position by aligning the four tabs over the front and side cover screws. See Figure 11.

NOTE: *If motor cover top does not fit properly, loosen the front and side cover screws as needed.*

H. Using a Phillips screwdriver, finish tightening the five front cover screws and four side cover screws. Be sure the screws are securing the motor cover's tabs. See Figure 11.

12. Level the treadmill.

A. Confirm that the treadmill is on a level surface.

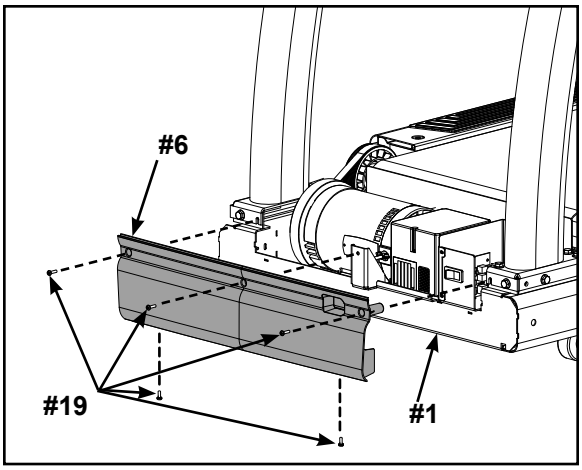


Figure 9

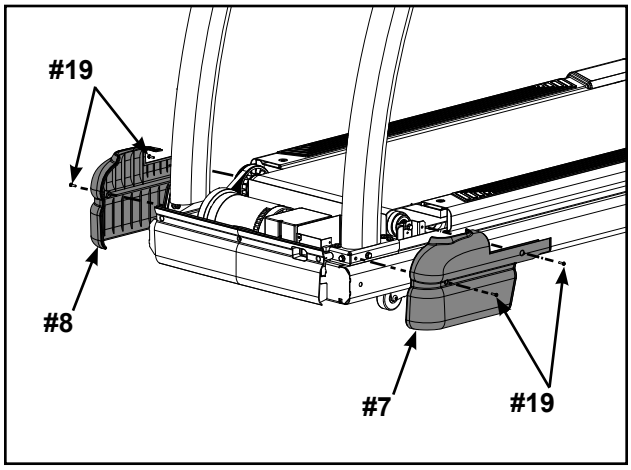


Figure 10

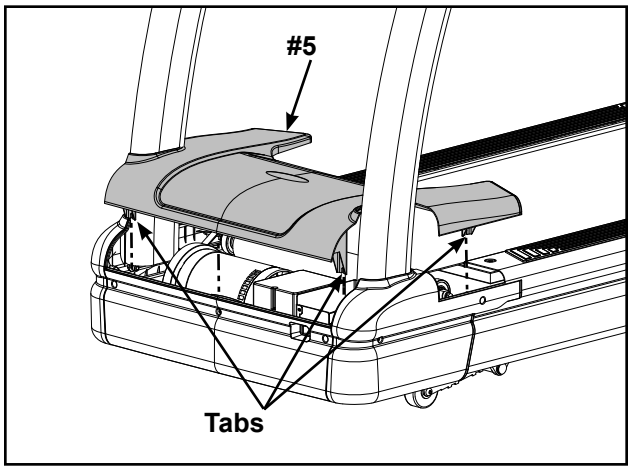


Figure 11

13. Attach emergency stop key.

A. Confirm that the emergency stop key is in place in the bottom of the console handrail. See Figure 12. ***NOTE:*** *The treadmill will not run without the key in place.*

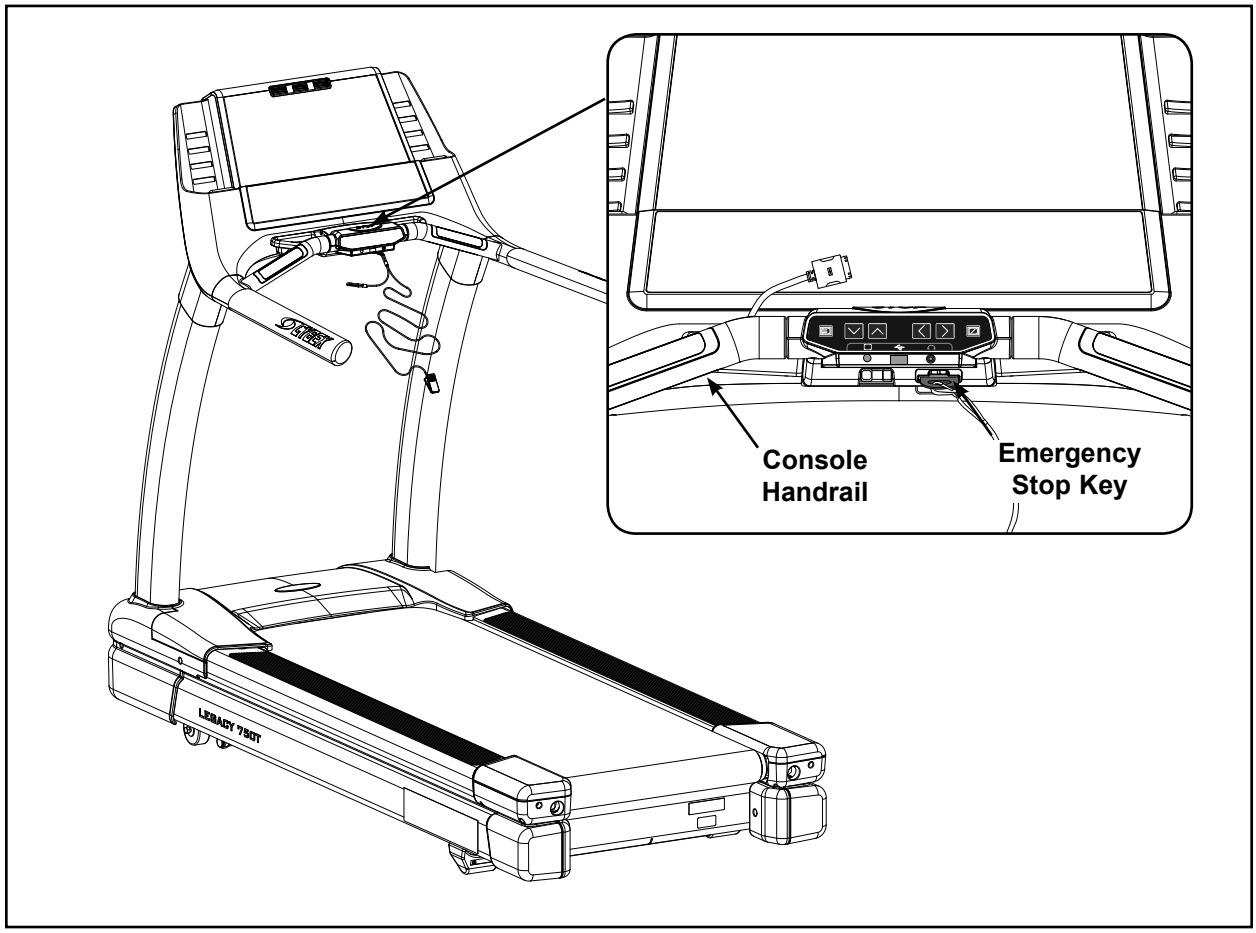


Figure 12

14. Visually inspect the treadmill.

A. Carefully examine the treadmill to ensure that the assembly is correct and complete.

WARNING: Be sure that all electrical requirements are met as indicated in the specifications at the front of the manual and at the beginning of this chapter prior to proceeding.

Testing the Treadmill Operation

Use the following instructions to test the full speed and incline range of the treadmill and to check the belt for proper operation.

CAUTION: During this procedure STAY OFF THE RUNNING BELT! Stand with your feet on the two steps.

NOTE: *Cybex recommends that the treadmill be unplugged or the on/off (I/O) power switch turned off (O) when it is not in use.*

1. Without anyone on the treadmill, plug the power cord into a power outlet from a grounded, dedicated circuit as described under Electrical Requirements in this chapter.

NOTE: *Ensure the power cord is not being pinched under the front of the treadmill.*

2. Locate the on/off (I/O) power switch in the front motor cover of the treadmill. Toggle it to the on position (I).
3. The control panel will light up and be in the Dormant Mode.
4. Press the **Quick Start** key. The treadmill begins a countdown "BELT START IN 3...2...1" and sounds a tone for each count. After it reaches one (1), the treadmill gives a longer tone and then begins accelerating the belt to reach 0.5 mph (0.8 kph).
5. The lower left display will show the incline then time and the lower right display will show the actual speed.
6. Press and hold down the **Speed** + key until the treadmill reaches a speed of approximately 4 mph (6.4 kph), as indicated on the display.
7. Observe the belt to see that it is running properly; it should stay centered in the middle of the deck. If you have problems with the running belt operation, see *Running Belt Adjustments* in the *Preventive Maintenance* chapter.
8. Run the treadmill through its full speed range. First press the **Speed** + key until the treadmill reaches its highest speed. Then press the **Speed** - key until the treadmill is back to 0.5 mph (0.8 kph).
9. As you press the Incline ^v or **Speed + -** keys, the respective displays will show the actual incline or speed.
10. When the treadmill reaches the set incline and speed, the displays will remain steadily illuminated to indicate that the desired settings have been reached.
11. Run the treadmill through its full % grade range. Press the **Incline** ^ key until the treadmill reaches its highest grade (15%). Then press the **Incline** v key until the treadmill reaches -3% grade.
12. Press the **Stop** key to stop the running belt, end the workout review and return the display to *Dormant Mode*.

Setup

1. While in Dormant Mode enter *Set Up Mode* by pressing the following buttons on the keypad **Clear 750** and then press the **Enter** key. You will now be in the set up menu.

2. Press the **Speed** + and - keys to scroll through the set up options. Press the Enter key to edit options, change values with the **Incline** ^ and v keys or the **Speed +** and **-** keys. Press Enter to save your selection and return to the set up menu. Press the **STOP** key to exit to Dormant Mode. Press the **CLEAR** key to reset to the previous stored value, and exit back to the menu. The set up options are displayed in the following order:

Language (Language):
This selects the language displayed in the text area of the console. Language choices are**:**

- ENGLISH (Default)
- GERMAN
- FRENCH
- SPANISH
- JAPANESE
- SWEDISH
- RUSSIAN
- DANISH

Units (UNITS):
Choices are "ENGLISH (LB/MPH)" or "METRIC (KG/KPH)" measurements. English is the default.

Frequency (FREQUENCY):
This is the frequency of the power line that supplies power to your treadmill. The default setting is 60 Hz. ***NOTE:*** *If you have an English console and a 50 Hz power line frequency, then you must change the default setting from 60 Hz to 50 Hz for the proper elevation frequency.*

Clock Style (HH:MM / MM:DD:YY or DD:MM:YY):
The 750T features a clock and calendar. The clock can be displayed in a 12 or 24 hour format. The calendar date fomat can be displayed as Month-Day–Year (US) or Day–Month–Year (EU).

"12HR US DATE"
"24HR EURO DATE"
"12HR EURO DATE"
"24HR US DATE"

Current Time (HH:MM):
The 750T features a clock that displays the current time. Examples for 2:57 PM on May 10, 2007.

12HR US DATE "02:57P 5/10/2007"
24HR EURO DATE "14:57 10-05-2007"
12HR EURO DATE "02:57P 10-05-2007"
24HR US DATE "14:57 5/10/2007"

Default Time (DEFAULT TIME):
This is the default time for time based programs if a user does not re-set Time. For example, if you press Time you can decrease or increase the set workout time up to the amount that the Max time is set. Choices are 10, 20, 30, 60 and 90 minutes. Default is 30 minutes.

Review Time (REVIEW TIME):
This is the Review Time for which the user's workout results are displayed at the end of a workout. Choices are 0:10, 0:20, 0:30, 1:00 and 5:00 minutes. Default is 20 seconds.

Max Time/Time Zones (MAX TIME = MINUTES, ZONED OR OFF):
This is the maximum amount of time the treadmill can run per user workout session. You can limit the users time or choose 'OFF' to disable the Max Time. Valid choices for Max Time are OFF, 20, 30, 40, 50, 60, 90 and 120 minutes or ZONED. For ZONED, you can define a user maximum session time based on four time zones. This allows limiting use only during busy times of the day.

This is how ZONED is configured from the factory:
ZONE1 5:01A 60
ZONE2 9:01A OFF
ZONE3 4:01P 60
ZONE4 9:00P OFF

The maximum session time is limited to 60 minutes from 5AM - 9AM and from 4PM to 9PM in this example, with all other times unlimited. The zone start/stop time and the time limit in each zone can be modified to suit your needs.

Pause Time (PAUSE TIME):
This is how long the treadmill retains and displays your current workout data during a pause in the workout. Choices include: Off; 1 minute; 5 minutes; and 10 minutes; default is Off.

WARNING: It is strongly suggested to not allow any user on the treadmill without adequate instruction. The use of a treadmill at high speeds can be dangerous and potentially result in injury. To avoid injury no user should be allowed to use the treadmill at a speed that exceeds their level of ability.

The 750T Treadmill has been programmed to have a default maximum speed of 12.4 mph from the factory. As the owner of this treadmill you may change the default setting for maximum speed up to 15 mph. Please be aware that higher speeds have higher risk and if a user exceeds their ability, they can potentially loose coordination that can result in injury.

The e-stop clip should be worn at all times.

Max Speed (MAX SPEED):
This is the maximum speed the treadmill will run. Choices are between .5 and 15.6 MPH (0.8 to 25.1 kph). Default MAX SPEED is set at 12.4 MPH (20.0 KPH).

Max Incline (MAX INCLINE):
This is the maximum elevation the treadmill will incline. Choices are between 0 and 15 percent grade.
NOTE: *Setting both the Min and Max incline to 0 percent will disable the elevation.*

Min Speed (MIN SPEED):
This is the minimum speed the treadmill will run. Choices are between .5 and 1.0 MPH (0.8 to 1.6 KPH).

Min Incline (MIN INCLINE):
This is the minimum elevation the treadmill will decline. Choices are between -3 and 0 percent grade.
NOTE: *Setting both the Min and Max incline to 0 percent will disable the elevation.*

Sound (TONE - ON/OFF):
This option will enable or disable the beeper by toggling it on/off. Default is On.

Dormant Display Option (DORMANT STYLE):
This defines what is displayed in Dormant mode. Valid Choices for Dormant Display are:

0 – DEFAULT -
1 – TEXT MSG - Not Applicable.
2 – OUT OF ORDER - Out of Order message.
3 – CLOCK - Time clock.
4 – PROFILES - Displays program profiles.

Lock Combination (LOCK CODE).
This feature will allow the Lock Combination (PIN) to be changed. It requires the correct PIN number to be entered first before allowing any changes.

The PIN numbers will be entered using the keypad. If an incorrect PIN number is entered, the number will blink once and revert back to underscores. If a valid PIN number is entered, blink the ON or OFF (default) text (whichever was previously stored) and allow the Speed Control Key to toggle it.

Custom Programs - (SAVE PROGRAM).
The ability to **SAVE** a workout session as a custom program during *Review* is enabled or disabled here. If disabled, the **SAVE** button will not be active during *Review*. The text area will display **Save Program On** or **Save Program OFF** (default).

Remember: *You must press Enter after changing a value for that value to be stored.*

3. **To exit Set Up Mode press the Stop key once.**

Your treadmill is now ready for use. Follow the instructions in the *Operation* chapter to learn how to operate the treadmill. You should begin with walking speeds first, to be sure everything is functioning properly.

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3 - Operation

Read and understand all instructions and warnings prior to using the treadmill. See all of the safety related information located in chapter 1.

Terms and Symbols Used

This section lists some of the common terms and symbols used in this chapter. Other terms and symbols are listed in this chapter as appropriate. ***NOTE:*** *For setup options see Setup in Chapter 2.*

Dormant Mode — This occurs when the treadmill is powered up and not in use. ***NOTE:*** *Dormant Mode may display a clock, scrolling text or the Cybex logo if such options are chosen.*

Wake-up Mode — This occurs when motion is detected or a key is pressed. A tone will be heard.

Program Setup Mode — This begins after pressing the **Programs** key, **Fit Tests** key, **Enter** key or the number key corresponding to the program desired.

Active Mode — *Active Mode* is when the running belt is moving. Before *Active Mode* begins, a three second countdown and "BELT START IN 3...2...1" is displayed. *Active Mode* continues until the preset time limit is reached, disengage the e-stop key, press the **STOP** key or press the **Pause/End** key.

Quick Start — This begins by pressing the **Quick Start** key. *Quick Start* skips the *Program Setup Mode* and begins immediately in *Quick Start Manual Mode* with time counting up.

Manual Mode — In this active mode the user controls all aspects of the workout; the running speed, the incline and the workout duration. The time will count down, allowing the user to quickly get moving before entering their weight by pressing the **Weight** key.

Workout Review — This begins after pressing the **Stop** key once or at the end of a program or when the treadmill detects that the user is not there (see *Safety Sentry*™ in this chapter). The workout statistics accumulated during the previous workout session will display for the preset review time.

Pause Mode — Press the **Pause/End** key once. If Pause is enabled in *Setup*, the Pause feature will allow the treadmill to hold the accumulated workout data for up to five minutes. The time remaining will be displayed on the screen. Press **START** at any time to re-start the treadmill. If Pause is not enabled, this key acts like the **STOP** key and will end the workout session.

Cool Down — This begins immediately after pressing the **Cool Down** key. The countdown timer is set to two minutes, elevation returns to 0% and speed is reduced to 50% of the MET level or 2.5 MPH (4 Km/H) whichever is lower. Repeated presses of the **Cool Down** key will restart the clock at two minutes indefinitely.

The last two minutes of a Programs (P1 – P9) will reduce the incline to 0% and the speed to half of the MET level for each of the two remaining minutes. Cool down will also be active when Manual or Quick Start workouts end due to the set or max time.

^ v — These keys adjust **Incline** higher or lower.

+ – — These keys adjust **Speed** up (**+**) or down (**–**).

Quick Operation Guide

NOTE: *Maximum user weight is 400 lbs. (181 kg).*

The following is a quick overview of the operation of the treadmill. For more information read *Detailed Operation Guide* in this chapter.

1. Place your feet on the two top steps located on each side of the running belt.

WARNING: Do not stand on the running belt when starting the treadmill. Always place your feet on the two top steps when beginning a workout.

2. Clip the e-stop clip onto your clothing and test it as described under *Emergency Stop* in the *Safety* chapter.

3. Press the **Programs**, **Manual** or **Fit Tests** keys and follow the on-screen setup instructions or press **QUICK START** to start the treadmill in *Quick Start Manual mode*.

4. If a program is selected, you will be prompted for workout **Time**, **Level** and **Weight** as appropriate. Adjust these settings with the **Speed + –** keys and press **Enter** to proceed.

5. The treadmill begins a countdown, "BELT START IN 3...2...1," after which it accelerates the belt to 0.5 mph (0.8 kph) (for *Manual Mode*) or the speed of the program selected.

6. Hold the handrails while you step onto the running belt and begin walking.

7. Press the **Speed + –** keys to change the belt speed at any time. The right display will show the current speed.

8. Press the **Incline** ^v keys to change the incline at any time. The left display will show incline.

9. Press the **Stop** key at any time to stop the running belt. Press again to exit to *Dormant Mode* and return the incline to 0%.

Detailed Operation Guide

NOTE: *Maximum user weight is 400 lbs. (181 kg).*

1. Plug the treadmill power cord into a power outlet from a grounded, single phase, dedicated circuit, rated for one of the following:
   100 VAC, 50/60 Hz, 20A
   115 VAC, 60 Hz, 20A
   220 VAC, 60 Hz, 15A
   230 VAC, 50 Hz, 15A
   230 VAC, 50 Hz, 13A, UK.

2. Set the on/off switch to the on position.

WARNING: Do not stand on the running belt when starting the treadmill. Always place your feet on the two top steps when beginning a workout.

3. Place your feet on the two top steps located on each side of the running belt.

4. Clip the e-stop clip onto your clothing and carefully test the e-stop key to ensure it will activate in case of an emergency. See *Emergency Stop Key (e-stop)* in Chapter 1 for properly testing the e-stop key. Also, see *Stopping the Treadmill* in this chapter for further information about the e-stop key. ***NOTE:*** *Be sure the string is free of knots and has enough slack for you to run comfortably with the e-stop key in place.*

5. You now have the option to select a program, a fitness test or enter *Manual Mode*.

   To select a program, press the **Programs** or **Fit Tests** key and follow the prompts. Press the **Programs** or **Fit Tests** key multiple times to cycle through its nine programs, or use the numeric keypad to select the program number. Press **Enter** to select. See Figure 1.

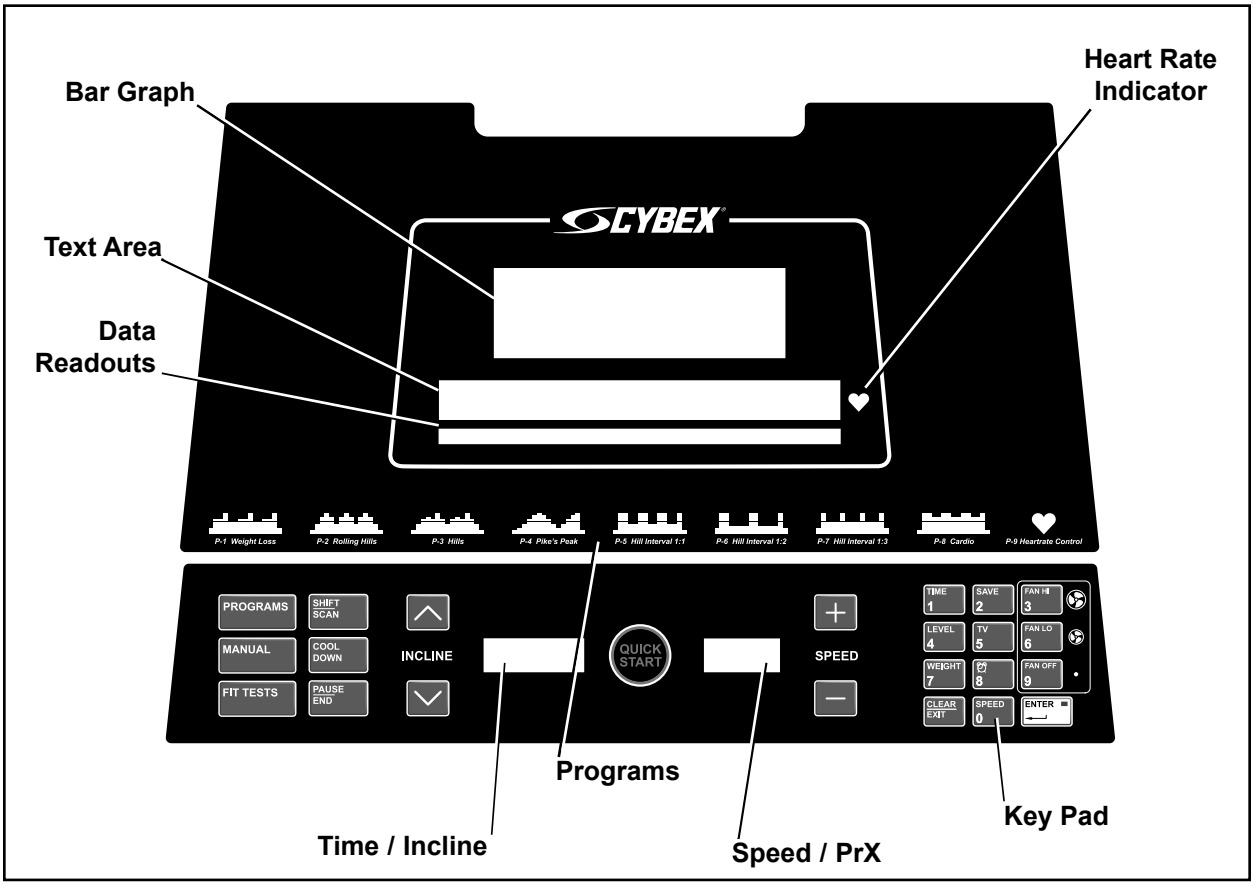

Figure 1

Upon entering a program the display will guide you through the appropriate settings. This is referred to as *Program Setup Mode*. If the **Quick Start** key is pressed now, all defaults for that program will be accepted. After 10 seconds, if no key has been pressed, the first default will be accepted. After another 10 seconds the second default will be accepted and so on until the last default. The program will not enter *Active Mode* until you press the **Enter** or **Quick Start** key. If no key has been pressed for 60 seconds after displaying the last default, then the treadmill will return to the *Dormant Mode*.

If you choose to enter *Manual Mode* instead of choosing a program, press the **Quick Start** or the **Manual** key. ***NOTE:*** *No prompts will occur when you press* **Quick Start***.* While in *Manual Mode*, customize your workout **Speed, Incline** and enter your **Weight** by pressing those keys.

NOTE: *For the most accurate calorie count, you must set your correct weight before beginning your workout (including clothing).*

NOTE: *When selecting a program you must press* **Enter** *after each adjustment of* **Time***,* **Level** *and* **Weight***.*

6. The treadmill begins a countdown, "BELT START IN 3...2...1," and sounds a tone for each count. When it reaches one (1) the treadmill gives a longer tone and then starts accelerating the belt. In *Manual Mode* the belt will begin accelerating to 0.5 mph (0.8 kph) and the incline will remain at zero percent. In a program the belt will begin accelerating and the incline will change to the corresponding speed and incline of the program and level you selected.

7. Hold the handrails while you step onto the running belt and begin walking.

8. Observe the control panel. The top center *Bar Graph* display shows a graphical representation of the relative incline changes, and if in a program, will show the relative intensity changes that are coming up. The *Text Area* will start showing the workout data such as Distance, Calories, Heart rate (if available), METs and Pace (Minutes per Mile or Minutes per Km). The data displays will start by automatically shifting every five seconds. To hold on one display, press the **Shift/Scan** key. To continue auto-scan, hold the **Shift/Scan** key for 3 seconds until it beeps.

NOTE: *Heart rate will be displayed in lieu of METs if a valid heart rate is available from a wireless chest strap (not included) or by holding the contact heart rate grips.*

NOTE: *When you adjust incline in a program, the change will affect only the current segment. The program control will resume starting with the next segment. To increase or decrease overall intensity, adjust the speed and/or the program level.*

9. Press the **Speed + –** keys to change the belt speed at any time. The right display will show the set speed.

10. Press the **Incline** ^ v keys to change the incline at any time. The left display will show the current incline only when incline keys are used, then revert to time.

11. Press the **Stop** key at any time to stop the workout. Press **Stop** once to end the workout and begin the *Workout Review*. As you press **Stop** once, the treadmill belt will stop. Press **Stop** a second time to clear the *Workout Review*, return to *Dormant Mode* and return incline to 0%.

12. If the e-stop key is removed during a workout, the drive motor power shuts off immediately, causing the belt to stop. "EMERGENGY STOP" is displayed, followed by "REPLACE E-STOP KEY TO CONTINUE". Replacement of the e-stop key causes *Workout Review* to begin.

13. When a program is complete the treadmill begins a countdown, "BELT STOP IN 3...2...1," and sounds a tone for each count. The belt slows to a stop and Workout Review is displayed for the preset time or until you press the **Stop** key.

14. The treadmill returns to *Dormant Mode* and the incline returns to 0%.

Stopping the Treadmill

Press **Stop** once to end the workout session and start the Workout Review. The treadmill will perform a controlled belt stop and bring the incline to 0%. The Text Area will be displaying accumulated data or the results of the Fitness Test for the duration configured in Setup for Review Time (default is 20 seconds.) Press **Stop** again to exit to Dormant.

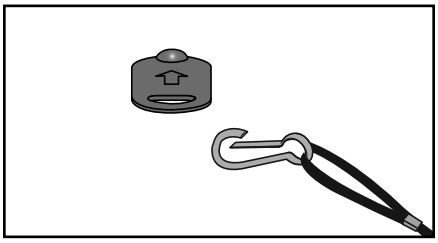

Figure 2

The function of the immobilization method: The purpose of immobilizing the treadmill is to prevent unauthorized use. This can be accomplished by removing the e-stop key from the treadmill, un-clipping it from the cord and putting it in a non-accessible place. See Figure 2. ***NOTE:*** *Immobilization can also be enabled using the LOCK code. Either temporarily by pressing LOCK during review and entering the correct PIN number, or permanently by enabling the LOCK feature in SETUP mode. See Setup in Chapter 2.*

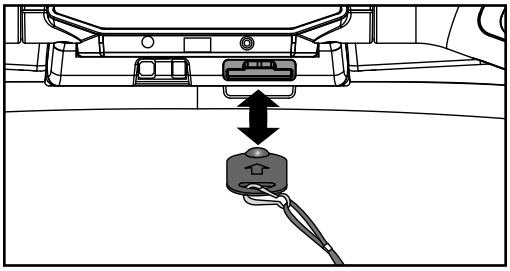

Figure 3

The emergency dismount: Follow the steps listed below if you experience pain, feel faint or need to stop your treadmill in an emergency situation:

1. Grip handrails for support.
2. Step onto the top steps.
3. Pull the e-stop key off the console.

The function of the emergency stop: The e-stop key functions as the emergency stop. In an emergency situation, remove the e-stop key from the treadmill and the running belt will come to a stop. See Figure 3.

Safety Sentry

If you step off of your treadmill during a workout, it is designed to detect your absence and will stop the belt. Before taking action, the display will beep several times and display "ARE YOU THERE?" on the text area. If no response in 10 seconds, it will proceed to turn off the belt.

NOTE: *The treadmill will use every sensor available to determine a user is still on the belt before asking if you are present, then shutting it off. If the user is lighter than 100 lbs. (45 Kg), the motor drive may not be able to determine they are on the belt. In this instance, the treadmill can only rely on the motion sensor, key inputs, or the heart rate to establish your presence. It is advisable for lighter users to stay within the 'sight' of the motion sensor (no further back than the end of the handrails) or take advantage of the wireless heart rate feature to avoid triggering the Safety Sentry.*

Control During Operation

Control keys are usable during operation and may be pressed at any time to make adjustments in speed, elevation or data readouts. The **Speed** and **Incline** keys are located near the hand grips, allowing for thumb adjustments without removing your hands from the hand grips.

Changing Speed — Press the **Speed + –** keys to change the speed in increments of 0.1 mph or 0.10 kph. Minimum to maximum speed is from 0.5 - 15.6 mph (0.8 - 25.1 kph). Default max speed is 12.4 mph (20.0 kph).

Direct Speed Access — During programs, manual mode and all distance based fitness tests a direct speed value may be entered. Press the "**0"** key on the numeric keypad and then enter the desired speed including tenths. Example: For 5 MPH (8.0 KPH) press the "**0"** key, then press **5**-**0** (**8**-**0**) on the keypad then press **ENTER**.

Changing Incline — Press the **Incline** ^v keys to change the elevation in increments of 1%. Elevation ranges from -3 to 15%. Press multiple times to change incline setting. ***NOTE:*** *Elevation is defined as the ratio of rise or fall over run of the treadmill deck.*

Workout Time — When the treadmill is in Active Mode, the workout time can be set to a new time using the **TIME** key. This will convert a **Quick Start** session to a Manual Session by defining the count-down time, or change the total session time in a program. All treadmill usage is limited to the **MAX TIME** as configured in Setup.

Changing Data Readouts — Default setting is for **Scan** to start automatically. Press **Shift/Scan** to stop and display a set of data. Press and hold **Shift/Scan** for three seconds and it will continually review each set of data. The display shows each set of data for 5 seconds before switching to the next set.

Data Readouts

As you exercise, the treadmill keeps track of the following data:

Distance — The total accumulated distance, in miles or kilometers, during your workout. ***NOTE:*** *Depending on the defaults you've chosen this measurement will show in English or Metric.*

Calories — The total accumulated calories burned during your workout. Your weight must be correctly set before beginning your workout for this measurement to be most accurate.

Calories Per Hour — Calculation of present workload's energy exertion in Calories per Hour.

BPM (Beats Per Minute) — Your current heart rate. Heart rate will appear when a signal is introduced. Use the hand grips for Contact Heart rate or wear a Polar® compatible heart rate chest strap.

Time — The total time you've been working out or time remaining. Display time as *hours:minutes.*

Pace — At your current speed, how long it would take to cover a mile (or kilometer), displayed in minutes:seconds.

Metabolic Equivalent (METs) — Relates to the user's energy expenditure. A MET is a basic unit of measurement that is used to compare relative work between individuals and activities. 'One MET' is the amount of oxygen consumed at rest. For example, two METs would be twice that amount. If an individual were working at four METs he/she would be consuming oxygen at a rate equal to four times their resting consumption. METs can be used to compare walking on a grade with running or even to cycling and other activities.

To review accumulated data after a program: The display automatically shows the accumulated workout data during the *Workout Review* for the set review time. See *Setup* in Chapter 2.

Displaying Heart Rate

In order for the Cybex 750T to display your heart rate, hold the hand grips to use Contact Heart rate or wear a Polar® compatible heart rate chest strap.

Contact Heart Rate — Hold the hand grips on the console handrail until a heart rate is displayed, typically less than thirty seconds. For best results, hold the hand grips lightly and ensure that your hands contact both the front and back sensors of each grip. ***NOTE:*** *Hold your hands as steady as possible as movement can cause interference on the contacts.*

Factors that can interfere with the heart rate signal include:

- excessive movement
- body composition
- hydration
- too loose grip
- too tight grip
- running
- excessive dirt, powder or oil
- leaning or resting on grips

NOTE: *Cybex does not recommend continuous holding onto the contact heart rate grips during exercise.*

Contaminants, such as hand lotions, oils or body powder, may come off on the contact heart rate grips. These can reduce sensitivity and interfere with the heart rate signal. It is recommended that the user have clean hands when using the contact heart rate.

Heart Rate Zone

Heart rate is described by the number of times your heart beats in a minute. At rest, the average adult will have a heart rate of about 72 beats per minute (BPM). As one begins to exercise, heart rate increases and continues to increase as exercise intensity or difficulty increases.

Monitoring your heart rate is an effective way to control the intensity of your workout and subsequently the results it will have. Whether you are a new participant or one with a great deal of experience, weight loss and other performance goals can be achieved by controlling the intensity of your workout.

The American College of Sports Medicine recommends that healthy adults exercise between 55 and 85% of their heart rate max. Your heart rate max can be estimated by subtracting your age from 220. Multiply that estimated heart rate max by .55 to estimate the lower end of your heart rate training zone. Then multiply your estimated heart rate max by .85 to estimate the higher end of your training zone. This heart rate training zone gives you a range of intensities at which to exercise. See Figure 4.

This chart shows heart rate based on percentage and age.

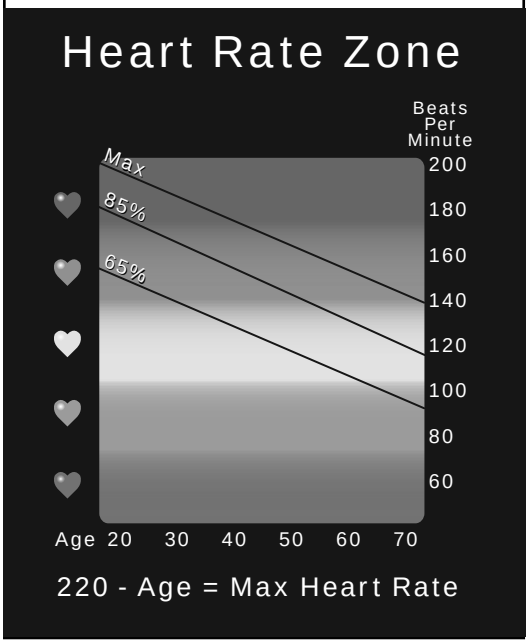

Figure 4

Meaning of % Grade

A 1% grade is not the same as a 1 degree incline. The % grade is the relationship of the measurement of rise over the measurement of run (also called slope). For example, a 1 foot (meter) rise in height over a length of 100 feet (meters) is a 1% grade. Expressed as a mathematical formula, the grade is calculated as follows: 1 ft. (m) / 100 ft. (m) = 0.01 = 1%

With respect to treadmills, the percent grade is roughly equal to the increase in height (rise) of the treadmill divided by the length (run) of the treadmill.

The degree of incline can be related to % grade by taking the Arctangent of the grade. For instance, 15% grade is equal to 8.53 Degrees (ArcTan(.15)=8.53º). The opposite is true to determine % Grade from Degree of incline (Tan (8.53º)=.15).

Preprogrammed Workouts

WARNING: Obtain a medical exam before beginning any exercise program. Begin comfortably with a lower level and progress with higher levels as you become acclimated.

With the 750T, you may choose from *Quick Start Manual Mode,* nine program choices, eight fitness tests, and nine custom programs. Each routine will be described in detail in this chapter.

Manual Choices:

Quick Start Press **Quick Start**. You control speed, elevation.
Manual Mode Enter time and weight. You control speed, elevation.

Program Choices:

No.	Name	Levels	Data Entries/Selections
P-1	**Weight Loss**	10 levels.	Select time, level and weight.
P-2	**Rolling Hills**	10 levels	Select time, level and weight.
P-3	**Hills**	10 levels.	Select time, level and weight.
P-4	**Pikes Peak**	10 levels.	Select time, level and weight.
P-5	**Hill Interval 1:1**	10 levels.	Select time, level and weight.
P-6	**Hill Interval 1:2**	10 levels.	Select time, level and weight.
P-7	**Hill Interval 1:3**	10 levels.	Select time, level and weight.
P-8	**Cardio**	10 levels.	Select time, level and weight.
P-9	**HR Control**	N/A	Select time, age, target heart rate and weight.

Fitness Test Choices:

No.	Name	Type	Data Entry	Results
FT1	**Gerkin Protocol**	Walk/run	Age, weight and gender.	VO2 max.
FT2	**Army PFT**	2 mile/3.2 k run	Age, weight, gender and starting speed.	Points.
FT3	**Air Force PFT**	1.5 mile/2.4 k run	Age, weight, gender and starting speed.	Points.
FT4	**Navy PRT**	1.5 mile/2.4 k run under 5000 feet	Age, weight, gender and starting speed.	Points.
FT5	**Navy PRT**	1.5 mile/2.4 k run over 5000 feet	Age, weight, gender and starting speed.	Points.
FT6	**Marines PRT**	3 mile/4.8 k run sea level	Age, weight, gender and starting speed.	Points.
FT7	**Marines PRT**	3 mile/4.8 k run 4500 feet	Age, weight, gender and starting speed.	Points.
FT8	**One Mile**	1 mile/1.6 k walk	Age, weight, gender and starting speed.	VO2 max.

NOTE: *PFT means Physical Fitness Test and PRT means Physical Readiness Test.*

Custom Programs

Custom Programs can be created on-the-fly by saving your routine after completion. To do this, press **Save** while in Review Mode. The display will prompt you to select a program number of **P01 – P09** and to overwrite any if they already exist.

Custom Programs can be run simply by pressing the **Programs** key and keying in P01 – P09. Note that these programs do not have a level or time, as these are aspects that were saved as part of the program itself.

Alarm

During a workout session, you can set an alarm time. When this time is reached, the display will show 'ALARM' and the console will continuously beep. Pressing **Alarm**, **Enter** or **Clear** will disable the alarm. To set the alarm, press the keypad #8 (labeled with the alarm clock). Use the Speed Control Keys or the keypad to configure the alarm time, pressing **ENTER** after the Hour and Minutes. See Figure 5.

Figure 5

Fan

A built in fan is located at the top center of the console to help keep you cool during your workout. Default speed is **OFF** during active mode. Press the **FAN HI** or **FAN LO** key to control fan speed. Press the **FAN OFF** key to turn fan off. See Figure 6.

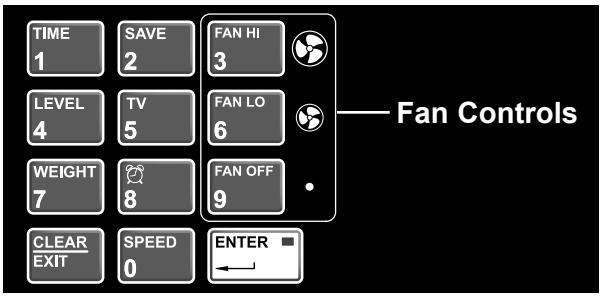

Figure 6

Audio Visual (AV) Key Pad – Optional

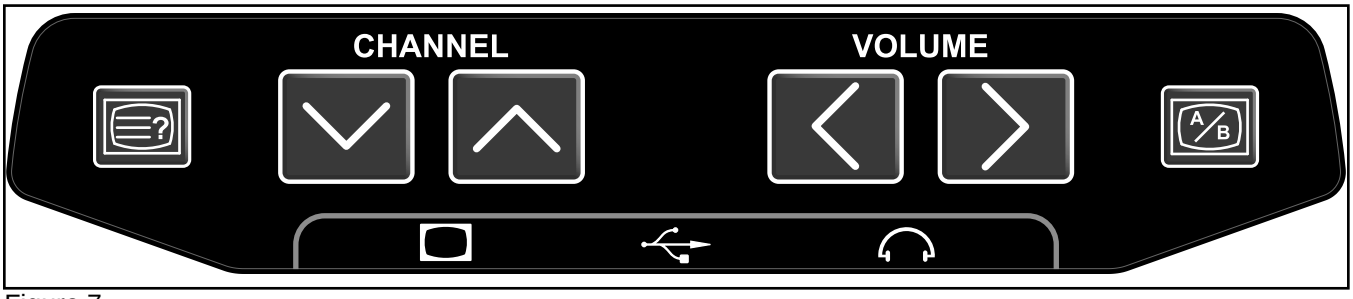

Figure 7

Console Key	Description
EPG	If an Electronic Program Guide (EPG) is available, this will be displayed on the TV. Use the **CHANNEL Λ V** and **VOLUME < >** keys to navigate in the EPG, **ENTER** to accept any selections, and **CLEAR/EXIT** to exit the *EPG mode*.
CHANNEL	Toggle down or up to change channel (beeping will occur).
VOLUME	Press appropriate keys to increase or decrease volume. There is no display interaction.
VIDEO SOURCE	Press to toggle between video source A for cable channels and video source B for external inputs, such as iPod® video.
VIDEO PORT	Video capable port allows personal entertainment device or other composite video input. 1 – Video 3 – Left 2 – Ground 4 – Right
USB PORT	Universal Serial Bus (USB) allows different devices to be connected using a single standardized interface port for charging only.
HEAD PHONE PORT	Head phone port allows personal headphones.

Statistics

The Statistics screen allows you to track the usage and information about the treadmill. The Statistics screen can be opened when the treadmill is not in use. Using the keyboard, press the key sequence **Clear 999** and **Enter**.

The **ENTER** key is active to advance to the next screen. The **Speed** control keys are active to also move forward or backward in the menu.

The Stastics menu is as follows:

ST1 - ODOMETER
ST2 - HOURS
ST3 - STARTS
ST4 - MOVES
ST5 - ERRORS
ST6 - SERVICE
ST7 - PGM USAGE

ST1 - ODOMETER

Displayed as "KM XXXX.X" or "MI XXXX.X" where X is the total miles accumulated and units are either Miles or Km, depending on the setup. Values range from 0.0 – 999,999.9 Miles/Km.

ST2 - HOURS

Displayed as "HOURS XXXXXX" where X is the total time the belt has run in hours. Values range from 0 – 99999

ST3 - STARTS

Displayed as "STARTS XXXXXX" where X is the number of times the belt drive started the running belt, regardless of mode. Expect numbers from 0 – 999999

ST4 – MOVES

Displayed as "MOVES XXXXXXX" where X is the number of incline moves in 1% increments. Values range from 0 – 9,999,999

ST5 - ERRORS

Error codes are stored in a log to inform the owner or technician of potential problems with the treadmill. Some errors are used to track unusual conditions, like the treadmill being turned off or a power outage while in motion. Most errors indicate a potential problem with the treadmill and can be a valuable tool in diagnosing the cause. Any condition that may cause a hazard will disable the treadmill and show 'OUT OF ORDER' on the console.

WARNING: All maintenance activities shall be performed by qualified personnel. Failure to do so could result in serious injury.

NOTE: *Cybex is not responsible for performing regular inspection and maintenance actions for your treadmill. Instruct all personnel in equipment inspection and maintenance actions and also in accident reporting/recording. Contact Cybex Customer Service at 888-462-9239 or 508-533-4300 for any preventive maintenance or service concerns.*

Error codes are stored in a log of 20 entries, each stamped with time and date with the most recent being the first in the log, the oldest the last in the log. Error codes are displayed in the following format: [Log Entry #] [Actual Error Code #] [Time] [Date], "ERR 1 141 03:49 1/14/2007".

Press the Incline Control Keys to increment / decrement the Log count to view the next or previous error. While displaying the error log press and hold the **CLEAR** button for three seconds to clear all errors. The display will show "NO ERRORS" when cleared.

- **ERROR 1 - No Speed at Startup.** The display commanded a belt start but the drive did not respond with a belt speed within timed limits.
- **ERROR 3 - Speed Irregularity.** The drive is reporting a slower speed than the display is commanding, or a speed of zero after a correct speed had been established.
- **ERROR 5 - Drive Communications Lost.** The display lost communications with the drive, where the drive has not given a valid response in 350 ms.
- **ERROR 6 - Speed Irregularity/Overspeed.** If the display has received good belt speed information at the startup, yet the drive begins sending values outside the expected it is reported as belt speed lost.
- **ERROR 7 - Controller Over-Current (Fold-back).** If the display receives motor current information from the drive that is outside of desired parameters.
- **ERROR 8 - Approaching Over-Temperature.** Internal controller temperature too high.
- **ERROR 9 - Display watchdog triggered.** If the Display Watchdog is triggered the console will reboot.
- **ERROR 92 - Over Current (Output).** Controller output current too high.
- **ERROR 93 - Over Voltage (DC Link).** Internal controller voltage too high.
- **ERROR 94 - Over Heat (Heatsink).** Controller temperature too high.
- **ERROR 95 - Low Voltage (DC Link).** Drive measures a low voltage on the input line.
- **ERROR 96 - Thermal Integrator of output current.** Drive measures a high current peak on the output line.
- **ERROR 98 - Display Communications lost.** Without drive belt movement. The drive lost communications with the display, where the display has not sent a valid response in 400 ms.
- **ERROR 99 - Display Communications lost.** With drive belt movement. The drive lost communications with the display, where the display has not sent a valid response in 400 ms.
- **ERROR 103 - Input Current OC trip (110 VAC only).** Drive measures a high current peak on the input line.
- **ERROR 105 - Thermal Integrator of Input Current (110 VAC only).** Input current is out of expected range.
- **ERROR 140 - Can not find home position on power-up.** The display does not receive a signal from the zero position switch during power up.
- **ERROR 141 - Can not find home position in normal use.** The display does not receive a signal from the zero position switch during use.
- **ERROR 142 - Out of incline range (over 15% or lower than -3%).** The display receives a position switch report that is outside of expected limits.
- **ERROR 150 - Out of Speed Range (over 150hz).** The display receives a report of belt speed that is over the expected speed.

ST6 – SERVICE
Displays the count-down to the next required service in miles or kilometers remaining. Also allows for resetting this odometer when a service has been performed.

Displayed as "SERVICE IN XXXXX MI (or KM)" where XXXXX is the distance until the next scheduled maintenance. The odometer is set to 15,000 miles (24,140 Km). The Odometer counts down from 15,000 (24,140 Km) miles to 0 before displaying the Service message. Press and hold the **CLEAR** key for three seconds while displaying the service odometer will reset it to 15,000 miles (24,140 Km).

ST7 – PGM USAGE
Each program has an individual usage meter associated with it to allow you to track frequency of use.

Displayed as "PR Y XXXXXX" where Y is the program number and XXXXX is the number of times this program was started (program chosen, setup completed and the treadmill enters Active Mode.) Use the Speed Control Keys to scroll through the 9 fixed and 9 custom program slots and view the number of starts for each.

4 - Preventive Maintenance

Warnings/Cautions

All warnings and cautions listed in this chapter are as follows:

WARNING: All maintenance activities shall be performed by qualified personnel. Failure to do so could result in serious injury.

WARNING: To prevent electrical shock, be sure that power is shut off and the treadmill is unplugged from the electrical outlet before performing any cleaning or maintenance procedures.

WARNING: Keep wet items away from inside parts of the treadmill. Electrical shock could occur even if the treadmill is unplugged. Do not touch components on the lower board. A charge can remain after unplugging the power cord and turning off the treadmill.

Regular Maintenance Activities

WARNING: All maintenance activities shall be performed by qualified personnel. Failure to do so could result in serious injury.

Preventive maintenance activities must be performed to maintain normal operation of your treadmill. Keeping a log sheet of all maintenance actions will assist you in staying current with all preventive maintenance activities. See Service Schedule located at the end of this chapter.

NOTE: *Worn or damaged components shall be replaced immediately or the treadmill removed from service until the repair is made.*

NOTE: *Cybex is not responsible for performing regular inspection and maintenance actions for your treadmill. Instruct all personnel in equipment inspection and maintenance actions and also in accident reporting/recording. Contact Cybex Customer Service at 888-462-9239 or 508-533-4300 for any preventive maintenance or service concerns.*

Cleaning Your Treadmill

When cleaning your treadmill spray a mild cleaning agent, such as a water and dishsoap solution, on a clean cloth first and then wipe the treadmill with the damp cloth. ***NOTE:*** *Do not spray cleaning solution directly on the treadmill. Direct spraying could cause damage to the electronics and may void the warranty.*

WARNING: To prevent electrical shock, be sure that power is shut off and the treadmill is unplugged from the electrical outlet before performing any cleaning or maintenance procedures.

After Each Use — Wipe up any liquid spills immediately. After each workout, use a cloth to wipe up any remaining perspiration from the handrails and painted surfaces.

Be careful not to spill or get excessive moisture between the edge of the display panel and the console,

as this might create an electrical hazard or cause failure of the electronics.

As Needed — Vacuum any dust or dirt that might accumulate under or around the treadmill. Motors are especially susceptible to dust and dirt, and restricted airflow can prevent adequate cooling that could shorten motor life. Cleaning this area should be done as often as indicated in the *Service Schedule.*

WARNING: Keep wet items away from inside parts of the treadmill. Electrical shock could occur even if the treadmill is unplugged. Do not touch components on the lower board. A charge can remain after unplugging the power cord.

To clean the motor components, you must loosen the four Phillips head screws that hold the motor cover in place. Lift the cover straight up; the screws and side covers will stay in place. Use a vacuum attachment or hand vacuum to clean the exposed elevation assembly, drive motor, lower electronics and the surrounding areas.

Also use a dry cloth for the areas that you can not reach with the vacuum cleaner. If the machine has not been used for some time or is excessively dirty, use a *dry* cloth to wipe all exposed areas.

Carefully raise the rear of the treadmill and roll it back from its present position to vacuum the floor area underneath the unit. When finished, return the treadmill to its normal position.

Contact Heart Rate Grips — Contaminants, such as hand lotions, oils or body powder, may come off on the contact heart rate grips. These can reduce sensitivity and interfere with the heart rate signal. It is recommended that the user have clean hands when using the contact heart rate. Clean the grips using a cloth dampened with a cleaning solution containing rubbing alcohol. The grips are the only part of the treadmill you should use a cleaning solution containing rubbing alcohol.

Running Belt Maintenance

Belt and Deck — Wipe the belt surface and the deck area with a clean dry towel to minimize the effect of friction between the deck and the running belt. This should be done often to prevent premature wear of the deck, running belt, and the drive motor system. See the *Service Schedule* at the end of this chapter.

The running belt may become loose and slip on the drive roller with each foot plant. If it does, follow the *Tensioning and Centering the Belt* procedure below. See the *Service Schedule* in this chapter for a minimum schedule for checking the belt tension.

Tension and Center the Belt — If the belt is slipping under each step perform this procedure:

Tools Required

- 3/4" Socket wrench

1. Tension the belt.

A. Use a 3/4" socket wrench to turn each bolt 1/2 turn clockwise. See Figure 1.
NOTE: *Be sure to adjust each bolt equally on each side.*

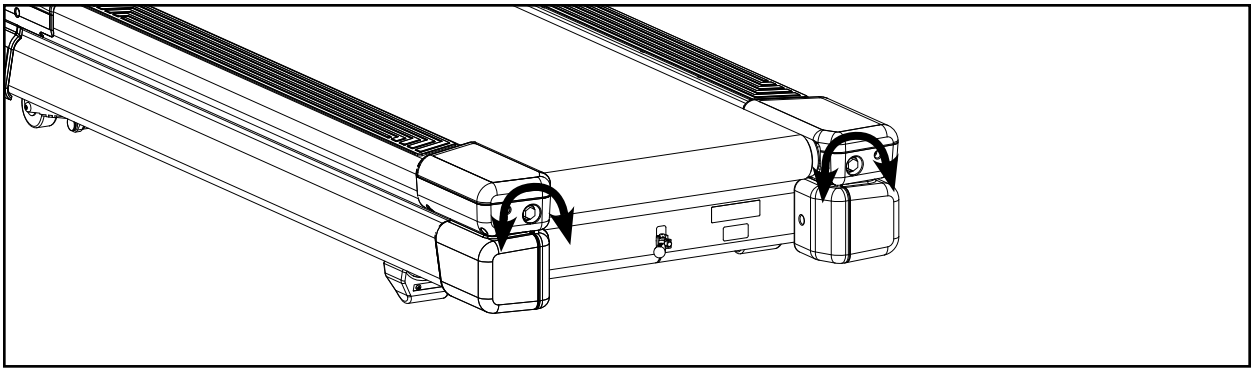

Figure 1

B. Press the **Quick Start** key.

C. Press the **Speed +** to bring the speed up to 3.5-4 mph (5.6-6.4 kph). Allow the treadmill to run for a minute.

D. Observe the belt to be sure it stays centered. If it is not centered follow step 2.

E. Walk on the belt to see if it still slips. If it does restart this procedure at step 1 A. If you have to do this procedure three times and it still slips call Cybex Customer Service. Follow the next step to be sure the belt is centered.

NOTE: *Be careful not to over tighten the belt. Over tightening the belt can cause the belt to stretch and require replacement.*

2. Center the belt.

NOTE: *While centering the belt choose one bolt to adjust. Do not adjust both bolts.*

A. With the treadmill running at 5 mph (8 kph) observe the running belt. If the belt tracks off center to the right or left, the deck will become exposed. Use a 3/4" socket wrench to tighten the rear roller bolt on the side of the treadmill toward which the belt is moving. For example: If the belt moves to the right and the deck becomes exposed on the left, tighten the bolt on the right side of the frame, tighten about 1/2 of a turn (clockwise) and wait 30 seconds. If the belt does not move back to the center of the treadmill, make another adjustment to the ***same bolt***. Once the running belt has been adjusted closer to the center of the treadmill, use about 1/4 of a turn until the belt has been stabilized.

B. After the belt has been centered, check the belt tension again. Make sure the running belt tension is tight enough so that the belt does not slip or hesitate when stepped on. Walk on the treadmill at 3.5-4 mph (5.6-6.4 kph) and every 4th to 5th step throw your weight into your step to feel if the belt is slipping. If the belt does slip, use a wrench to equally tighten ***both*** rear roller adjustment bolts 1/2 of a turn (clockwise). Adjust the belt until no further slipping is felt.

Checking the Belt and Deck Surfaces — The running belt and deck should be checked periodically for any excessive wear. In an effort to make sure that the running belt operates properly, visually inspect the belt often to make sure that there are no tears or fraying in the belt material. The running belt should be replaced and the running deck flipped every 15,000 miles (24,140 km). A service prompt will appear at this interval and the parts will need to be replaced.

Inspect the edges of the belt as described below.

Tools Required

- None

1. Disconnect the external power source.

A. Turn the main power switch on the front of the unit to the off (O) position.

B. Unplug the treadmill from the power outlet.

2. Check the belt and deck condition.

A. Look at the edges of the belt while you roll it by hand. If the belt has any rips or looks excessively worn the belt needs to be replaced.

B. Run your hand under the belt on the top of the deck surface. If you feel excessive ridges or cracks, or if any wood is exposed under the black surface, the deck should be replaced. In time, a worn belt and deck can cause high current draw and ultimately, motor failure.

NOTE: *If the running belt and deck need replacement refer to a qualified service technician.*

Other Preventive Maintenance

Other preventive maintenance activities must be completed by a qualified service technician at the recommended intervals listed in the *Service Schedule* at the end of this chapter. These activities include:

- Replace the running deck
- Replace the running belt

Elevation Motor Lubrication — In time the elevation motor pivot points may develop a squeak. Lubricate the upper and lower bolts and the spacers with a small amount of lithium grease. ***NOTE:*** *You can buy lithium grease at an auto parts store.*

Static Electricity — Depending upon where you live, you may experience dry air, causing a common experience of static electricity. This may be especially true in the winter time. You may notice a static build-up just by walking across a carpet and then touching a metal object. The same can hold true while working out on your treadmill. You may experience a shock due to the build-up of static electricity on your body and the discharge path of the treadmill. If you experience this type of situation, you may want to increase the humidity to a comfortable level through the use of a humidifier.

Service Schedule

All maintenance activities shall be performed by qualified personnel. Failure to do so could result in serious injury.

NOTE: *This is the minimum recommended service.*

1. Determine mileage.

A. While in *Dormant Mode* enter *Statistics Mode* by pressing the sequence **CLEAR 999** and **ENTER**. The **ENTER** key is active to advance to the next screen. The **SPEED** control keys are also active to move forward or backwards in the menu.

B. Press the **SPEED** control keys to display "**6-SERVICE**" and miles or kilometers to the next required service will be displayed.

C. Record Mileage. ***NOTE:*** *Displays the count-down mileage to the next required service. Mileage start at 15,000 miles (24,140 Km) and counts down to 0.*

NOTE: *To exit Statistics Mode, press the* ***CLEAR*** *key .*

First 500 miles (800 km).

- Check running belt tension and tracking.

Every 5,000 miles (8,000 km).

- Check running belt tension and tracking.
- Move treadmill and vacuum underneath.
- Raise elevation to 15%, carefully tip treadmill up on the console to clean underneath with a dry cloth and vacuum. Return to normal position when done.

Every 15,000 miles (24,140 km).

- Replace running belt and flip deck.
- Check elevation assembly and replace worn parts.
- Lubricate elevation pivot points.

Every 30,000 miles (48,280 km).

- Replace running belt and deck.

2. Resetting the service odometer.

A. While in *Dormant Mode* enter *Statistics Mode* by pressing the sequence **CLEAR 999** and **ENTER**. The **ENTER** key is active to advance to the next screen. The **SPEED** control keys are also active to move forward or backwards in the menu.

B. Press the **SPEED** control keys to display "**6-SERVICE**" and miles or kilometers to the next required service will be displayed.

C. Press and hold the **CLEAR** key for three seconds to reset the service odometer to *15,000 miles (24,140 km)*.

NOTE: *Service may be performed before the 15,000 miles (24,140 km) service prompt appears. Perform the service on the unit and follow the above procedure to reset the service odometer to zero.*

Displays the count-down to the next required service in miles remaining. Also allows for resetting this odometer of a service has been performed.

Displayed as "SERVICE IN XXXXX MI (or KM)" where XXXXX is the distance until the next scheduled maintenance. The odometer is set to 15,000 miles (24,140 Km). The Odometer counts down from 15,000 (24,140 Km) miles to 0 before displaying the Service message. Press and hold the **CLEAR** key for three seconds while displaying the service odometer will reset it to 15,000 miles (24,140 Km).

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5 - Customer Service

Contacting Service

Hours of phone service are Monday through Friday from 8:30 a.m. to 6:00 p.m. Eastern Standard Time.

For Cybex customers living in the USA, contact Cybex Customer Service at **888-462-9239.**

For Cybex customers living outside the USA, contact Cybex Customer Service at **508-533-4300** or fax **508-533-5183.**

Serial Number and Voltage

Your serial number and voltage can be found on the rear of your treadmill. See Figure 1. For your convenience, record your serial number and voltage below so that you will have it ready if you call Cybex Customer Service.

Serial Number _____ Voltage _____

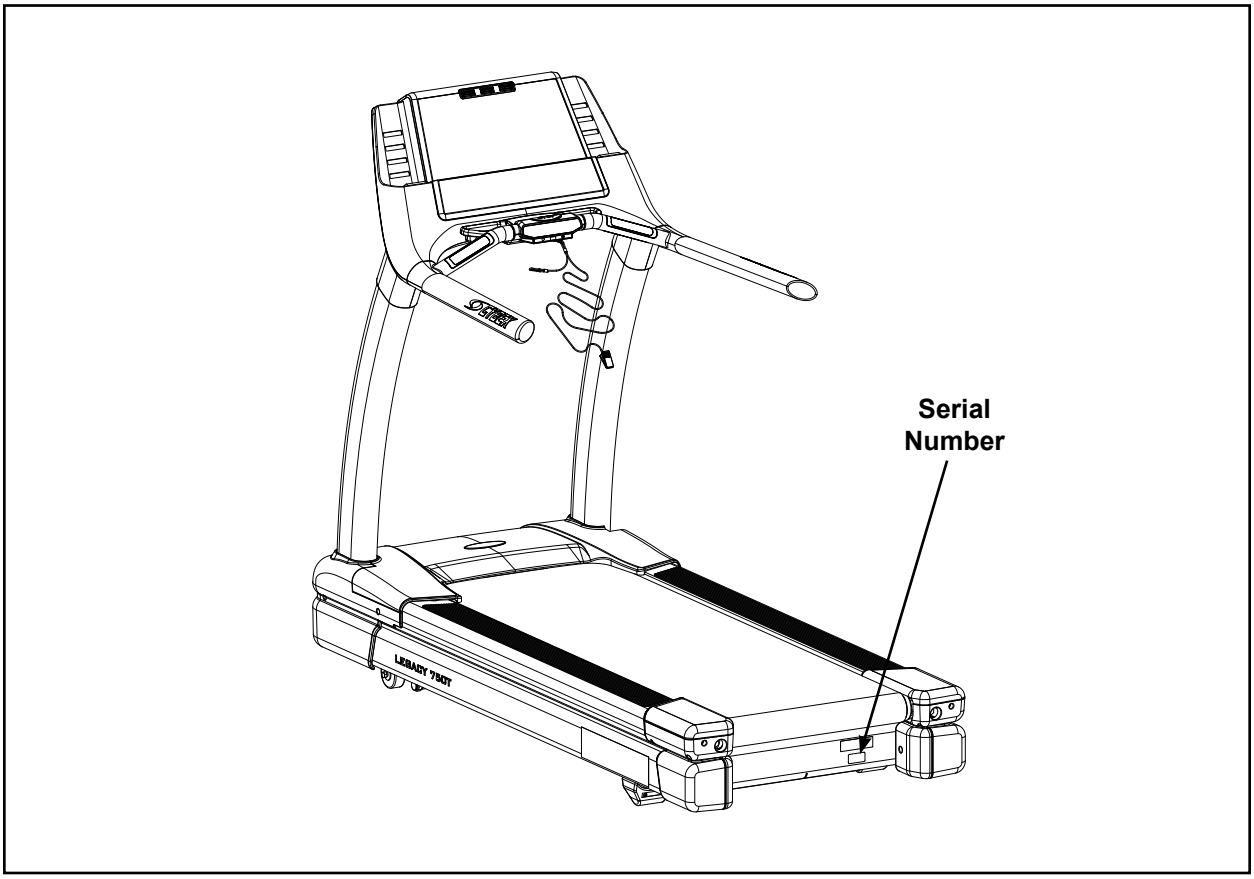

Figure 1

Return Material Authorization (RMA)

The Return Material Authorization (RMA) system outlines the procedures to follow when returning material for replacement, repair, or credit. The system assures that returned materials are properly handled and analyzed. Perform the following procedures carefully.

Contact your authorized Cybex dealer on all warranty-related matters. Your local Cybex dealer will request an RMA from Cybex, if applicable. Under no circumstances will defective parts or equipment be accepted by Cybex without proper RMA and an Automated Return Service (ARS) label.

1. Call the Customer Service Hotline listed above for the return of any item that is defective.
2. Provide the technician with a detailed description of the problem you are having or the defect in the item you wish to return.
3. Provide the model and serial number of your treadmill. The serial number is located on the front panel of your treadmill. The serial number begins with a letter, for example: R09-101331100.
4. At Cybex's discretion, the technician may request that you return the problem part(s) to Cybex for evaluation and repair or replacement. The technician will assign you an RMA number and will send you an ARS label. The ARS label and RMA number must be clearly displayed on the outside of the package that contains the item(s) to be returned. Include a description of the problem, the serial number of the treadmill and the name and address of the owner in the package along with the part(s).
5. Forward the package through UPS to Cybex.
   Attn: Customer Service Department
   Cybex International, Inc.
   10 Trotter Drive
   Medway, MA 02053

NOTE: *Merchandise returned without an RMA number on the outside of the package or shipments sent C.O.D. will not be accepted by the Cybex receiving department.*

Damaged Parts

Materials damaged in shipment should not be returned for credit. Shipping damages are the responsibility of the carrier (UPS, Federal Express, trucking companies, etc.).

Apparent Damage — Upon receipt of your shipment, check all boxes carefully. Any damage seen with a visual check must be noted on the freight bill and signed by the carrier's agent. Failure to do so will result in the carrier's refusal to honor your damage claim. The carrier will provide you with the required forms for filing such claims.

Concealed Damage — Damage not seen with a visual check upon receipt of a shipment but noticed later must be reported to the carrier as soon as possible. Upon discovery of the damage, a written or phone request to the carrier asking them to perform an inspection of the materials must be made within ten days of the date of delivery. Keep all shipping containers and packing materials, they will be needed as part of the inspection process. The carrier will provide you with an inspection report and the necessary forms for filing a concealed damage claim. Concealed damage is the carrier's responsibility.

Ordering Parts

Fax your order to **508-533-5183**. To speak with a customer service representative, call **888-462-9239** (for customers living within the USA) or **508-533-4300** (for customers outside the USA)..

⚠ CAUTION

Use only Cybex replacement parts when servicing. Failure to do so could result in personal injury.

Cybex will void warranty if non-Cybex replacement parts are used.

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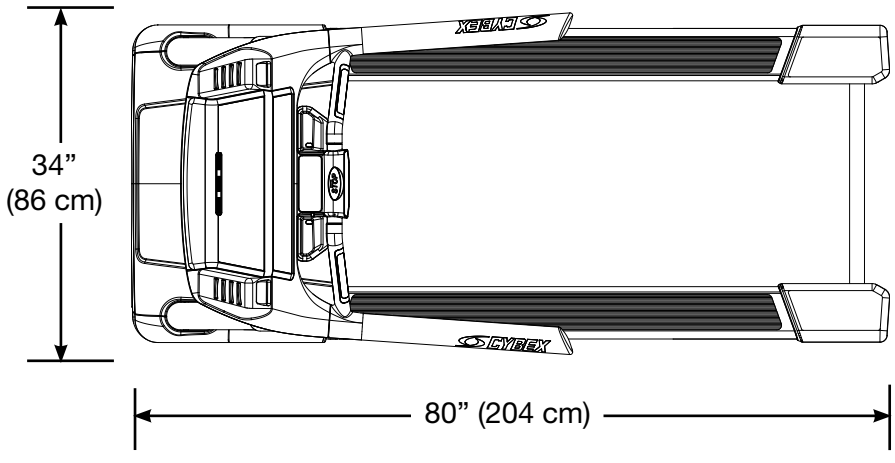
Appendix A - Technical Specifications

Specifications

Length:	80" (204 cm).
Width:	34" (86 cm).
Running Area:	22" x 62" (56 cm x 157 cm).
Weight of Product:	410 lbs. (186 kg).
Shipping Weight	440 lbs. (200 kg).
Speed Range:	0.5 to 15.6 mph (0.8 to 25.1 kph) in 0.1 mph or 0.1 kph increments. Default Max Speed is 12.4 mph (20.0 kph).
Incline Range:	-3 to 15% grade.
Manual Mode:	Yes.
Programs:	Quick Start plus Manual, Weight Loss, Rolling Hills, Hills, Pikes Peak, Hill Interval 1:1, Hill Interval 1:2, Hill Interval 1:3, Cardio, HR Control, eight Fitness Tests and nine Custom Programs.
Standard Features:	Safety Sentry™, Contact Heart Rate, Polar® wireless heart rate (chest strap not included), CSAFE, frame color choices include white texture, black texture, metaltone gold, black chrome and platinum sparkle.
Optional Features:	Unlimited custom colors available.
Power Requirement:	Grounded, single phase, dedicated line (discreet power and return for each circuit) and one of the following: • 100 VAC, 50/60 Hz, 20A. • 115 VAC, 60 Hz, 20A. • 220 VAC, 60 Hz, 15A. • 230 VAC, 50 Hz, 15A. • 230 VAC, 50 Hz, 13A.
Motor:	3.0 hp Continuous, 6.0 hp Peak, AC, Brushless.
Emergency Stop:	Pull the emergency stop key (e-stop).
Maximum User Weight:	400 lbs. (181 kg).
Options:	Embedded A/V channel and volume controls and video mount bracket.



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Appendix B – Program Overviews

Manual

Program Overview
Manual Mode is available both through **Quick Start** and through the **Manual** program where you are prompted to enter **Time** and **Weight**. ***NOTE:*** *There is no diagram because incline and speed are user-controlled.*

Manual Mode allows you to choose settings as you workout. You may choose your settings according to how you feel or your endurance level. Since you remain in control, *Manual Mode* may be the best choice for beginners or for those who have not worked out in a long time. You select the time of your workout. ***NOTE:*** *Manual Mode is not a pre-programmed workout.*

Press the **Quick Start** key to workout in *Manual Mode*. You can also begin *Manual Mode* by pressing the **Manual** program key. To increase or decrease the speed while in *Manual Mode* use the **Speed + –** keys. To increase or decrease the incline while in *Manual Mode* use the ^v arrows. Time counts up, you can end your session at any time.

NOTE: *A Manual workout session using **QuickStart** will display time counting up to the configured **MAX TIME.** A Manual workout session using the **Manual** key selection will prompt for a session time and will then count down from that time to reach that goal.*

Programs

The programs used in the 750T Treadmill (with the exception of Heart Rate Control, Gerkin Protocol (FT1) and potential custom programs), are all incline driven programs where the user has complete control of their speed throughout the entire session.

Individuals can tailor the use of program level and speed selection to meet their own needs. For example, if an individual is not comfortable running, they can choose a slower speed in conjunction with a high program level for increased demand. A runner can choose a comfortable running speed in conjunction with a lower program level to mimic real world elevation changes.

The last two minutes of a Programs (P1 – P9) will reduce the incline to 0% and the speed to half of the MET level for each of the two remaining minutes (see *Cool Down* in Terms and Symbols Used).

Program changes on-the-fly
During any active mode, press the Program key and select a program using program options. User speed and time are maintained. The warm up period is skipped and the first segment of the program will start using the program entered.

Weight Loss (P-1)

Program Overview
The Weight Loss program uses a series of relatively minor changes in its five-minute core to add an incremental demand. The five-minute core utilizes a baseline incline for two minutes and then increases the incline for added demand and then provides a slightly lower Incline for two-minutes for recovery. See table below and Figure 1.

Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	1:00	:30	:30	:30	:30
	Warm Up				Program Segments					Cool Down			
Incline	1	2	3	4	1	2	3	4	5	1	2	3	4
10	2	3	3	5	10	10	14	9	9	0	0	0	0
9	2	3	3	5	9	9	12	8	8	0	0	0	0
8	2	2	3	4	8	8	10	7	7	0	0	0	0
7	2	2	3	4	7	7	9	6	6	0	0	0	0
6	1	2	2	3	6	6	7	5	5	0	0	0	0
5	1	2	2	3	5	5	6	4	4	0	0	0	0
4	1	1	2	2	4	4	5	3	3	0	0	0	0
3	1	1	2	2	3	3	4	2	2	0	0	0	0
2	1	1	1	2	2	2	3	1	1	0	0	0	0
1	1	1	1	2	1	1	2	0	0	0	0	0	0

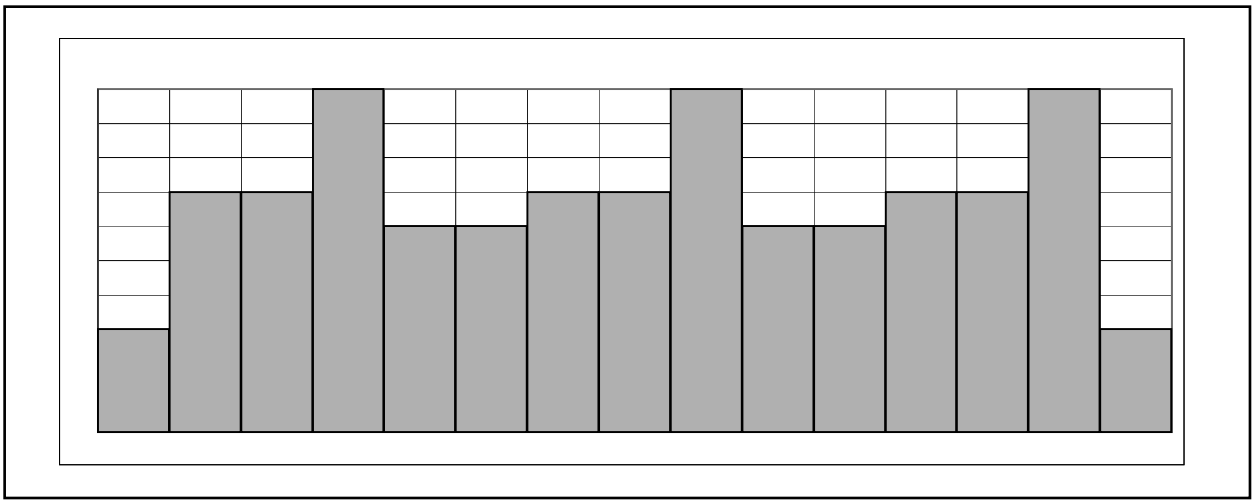

Figure 1

Rolling Hills (P-2)

Program Overview
The Rolling Hills program uses an eight-minute core intended to mimic variety in terrain that might be found on a hilly outdoor run. The eight minute core is composed of four segments. The baseline segment is two minutes in length and is followed by two, two-minute segments of increased incline before returning to the intermediate incline for two-minutes. See table below and Figure 2.

Time	:30	:30	:30	:30	2:00	2:00	2:00	2:00	:30	:30	:30	:30
	Warm Up				Program Segments				Cool Down			
Incline	1	2	3	4	1	2	3	4	1	2	3	4
10	1	2	2	3	4	6	8	6	0	0	0	0
9	1	1	2	2	3	6	8	5	0	0	0	0
8	1	1	2	2	3	5	8	5	0	0	0	0
7	1	1	1	2	2	5	7	4	0	0	0	0
6	1	1	1	2	2	4	7	4	0	0	0	0
5	0	0	1	1	1	4	7	3	0	0	0	0
4	0	0	1	1	1	3	6	3	0	0	0	0
3	0	0	0	0	0	3	6	3	0	0	0	0
2	0	0	0	0	0	2	6	2	0	0	0	0
1	0	0	0	0	0	2	5	2	0	0	0	0

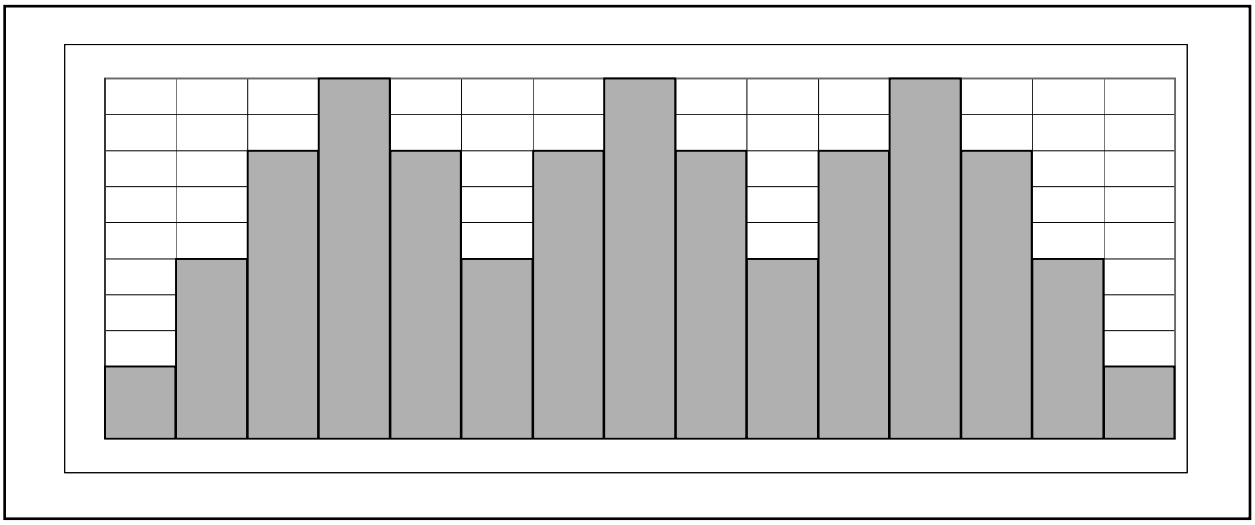

Figure 2

Hills (P-3)

Program Overview
The Hills program uses a six minute core utilizing one minute segments with mild incline changes and two relative peak segments followed by relative rest segments. See table below and Figure 3.

Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	1:00	1:00	:30	:30	:30	:30
	Warm Up				Program Segments						Cool Down			
Incline	1	2	3	4	1	2	3	4	5	6	1	2	3	4
10	3	3	5	6	8	10	12	10	15	10	0	0	0	0
9	2	3	4	5	7	9	12	9	14	9	0	0	0	0
8	2	3	3	5	6	8	11	8	13	8	0	0	0	0
7	2	2	3	4	5	7	10	7	12	7	0	0	0	0
6	1	2	2	3	4	6	9	6	11	6	0	0	0	0
5	1	1	2	2	3	5	8	5	10	5	0	0	0	0
4	1	1	1	2	2	4	7	4	9	4	0	0	0	0
3	0	0	1	1	1	3	6	3	8	3	0	0	0	0
2	0	0	0	0	0	2	5	3	7	3	0	0	0	0
1	0	0	0	0	0	2	4	2	6	2	0	0	0	0

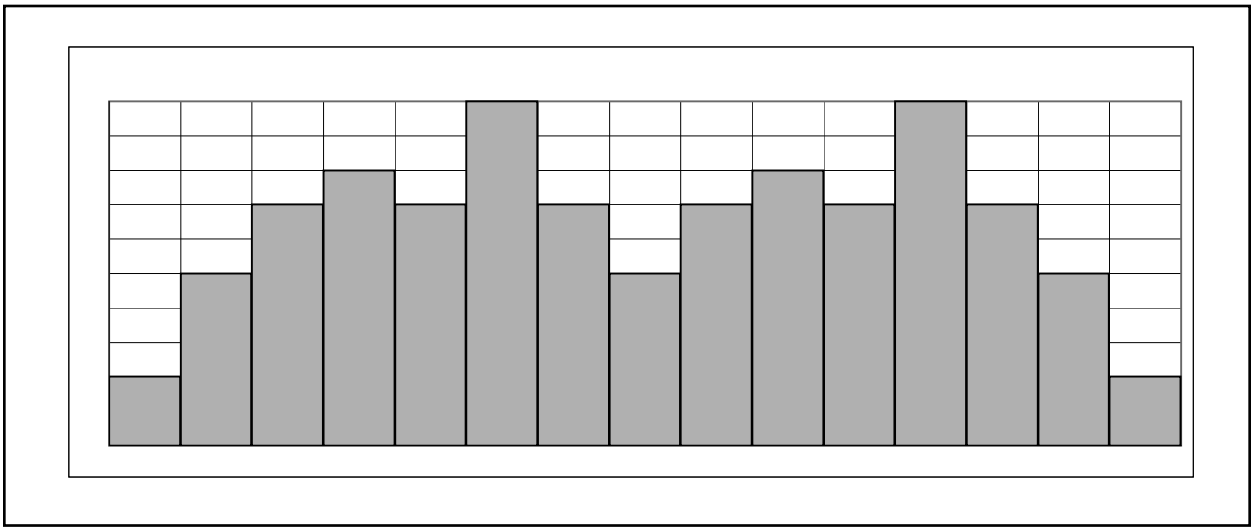

Figure 3

Pikes Peak (P-4)

Program Overview

Pikes Peak uses a nine minute core where the incline increases every minute for the first five minutes. After the fifth minute of the core program, the incline is reduced each minute. This program uses continuous and gradual changes to give the user time to acclimate to demand and recover without large perceived changes in the effort required. See table below and Figure 4.

Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	1:00	1:00	1:00	1:00	1:00	:30	:30	:30	:30
	Warm Up				Program Segments									Cool Down			
Incline	1	2	3	4	1	2	3	4	5	6	7	8	9	1	2	3	4
10	2	2	3	4	5	8	11	13	15	13	11	8	5	0	0	0	0
9	1	2	2	3	4	7	10	12	14	12	10	7	4	0	0	0	0
8	1	2	2	3	4	6	9	11	13	11	9	6	4	0	0	0	0
7	1	1	2	2	3	5	8	10	12	10	8	5	3	0	0	0	0
6	1	1	2	2	3	5	7	9	11	9	7	5	3	0	0	0	0
5	1	1	1	2	2	4	6	8	10	8	6	4	2	0	0	0	0
4	1	1	1	2	2	3	5	7	9	7	5	3	2	0	0	0	0
3	1	1	1	2	2	3	4	6	8	6	4	3	2	0	0	0	0
2	0	0	1	1	1	2	3	5	7	5	3	2	1	0	0	0	0
1	0	0	0	0	0	1	2	4	6	4	2	1	0	0	0	0	0

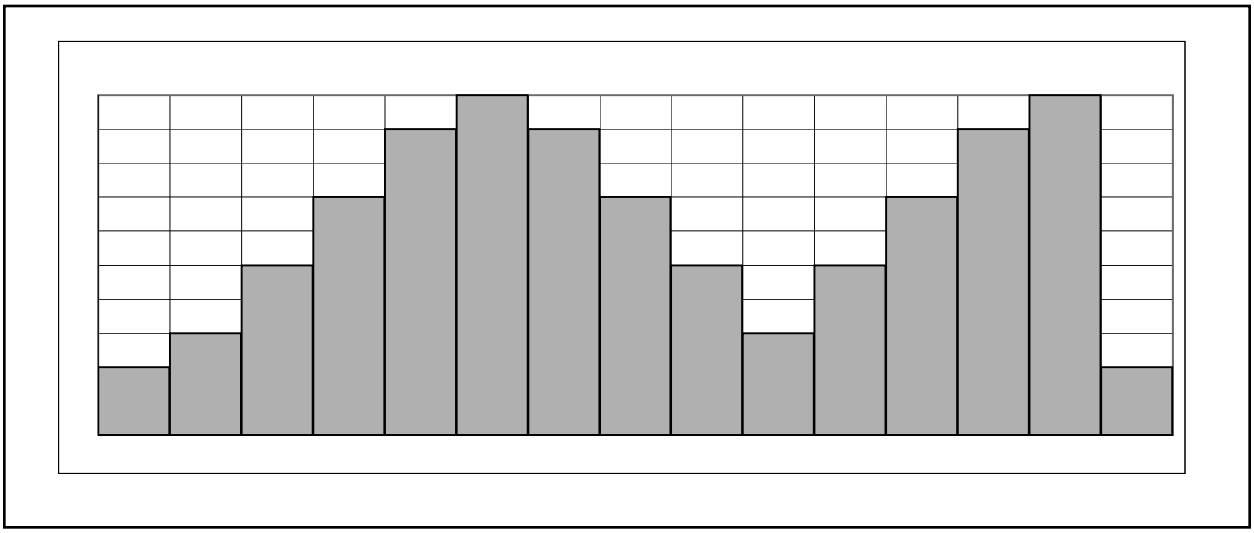

Figure 4

Hill Interval 1:1 (P-5)

Program Overview

This program is designed to increase capability by alternating two minute work segments with two minutes of relative rest. The intensity of rest periods is greater here than in Hill Interval 1:2 as is the duration of the work interval making this program more demanding than Hill Interval 1:2. See table below and Figure 5.

Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	:30	:30	:30	:30
	Warm Up				Program Segments				Cool Down			
Incline	1	2	3	4	1	2	3	4	1	2	3	4
10	3	5	6	8	11	11	6	6	0	0	0	0
9	3	4	6	8	10	10	5	5	0	0	0	0
8	3	4	5	7	9	9	5	5	0	0	0	0
7	3	3	5	6	8	8	4	4	0	0	0	0
6	2	3	4	5	7	7	4	4	0	0	0	0
5	2	3	3	5	6	6	3	3	0	0	0	0
4	2	2	3	4	5	5	3	3	0	0	0	0
3	1	2	2	3	4	4	2	2	0	0	0	0
2	1	1	2	2	3	3	2	2	0	0	0	0
1	1	1	1	2	2	2	1	1	0	0	0	0

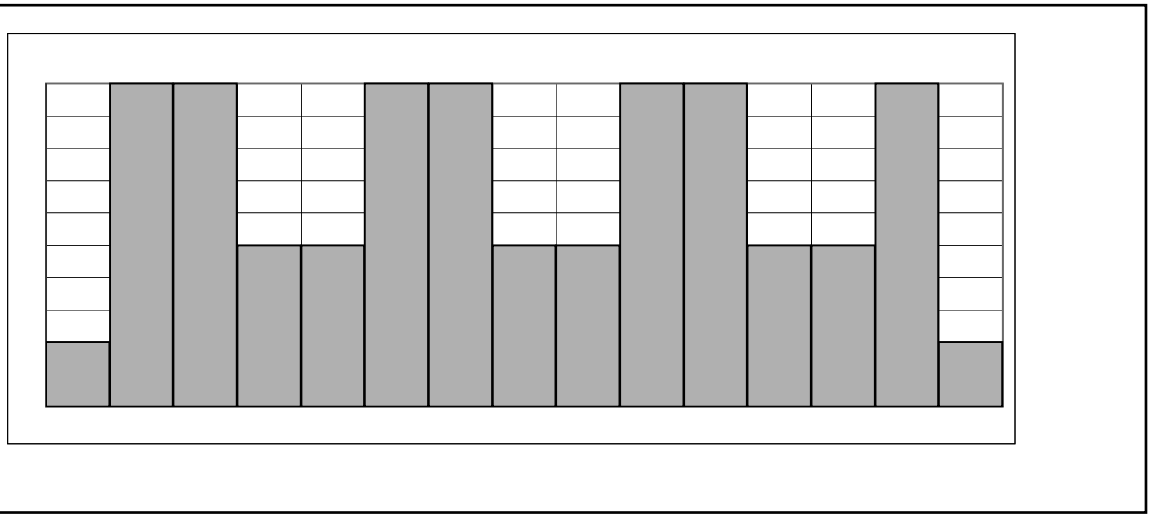

Figure 5

Hill Interval 1:2 (P-6)

Program Overview
This program is designed with a one minute work interval at a high incline followed by a two minute rest interval at a substantially lower incline. Given the lower incline and longer rest intervals this program is less intense than Hill Interval 1:1. See table below and Figure 6.

Time	:30	:30	:30	:30	1:00	1:00	1:00	:30	:30	:30	:30
	Warm Up				Program Segments			Cool Down			
Incline	1	2	3	4	1	2	3	1	2	3	4
10	3	5	6	8	11	4	4	0	0	0	0
9	3	4	6	8	10	3	3	0	0	0	0
8	3	4	5	7	9	3	3	0	0	0	0
7	3	3	5	6	8	3	3	0	0	0	0
6	2	3	4	5	7	2	2	0	0	0	0
5	2	3	3	5	6	2	2	0	0	0	0
4	2	2	3	4	5	2	2	0	0	0	0
3	1	2	2	3	4	1	1	0	0	0	0
2	1	1	2	2	3	1	1	0	0	0	0
1	1	1	1	2	2	1	1	0	0	0	0

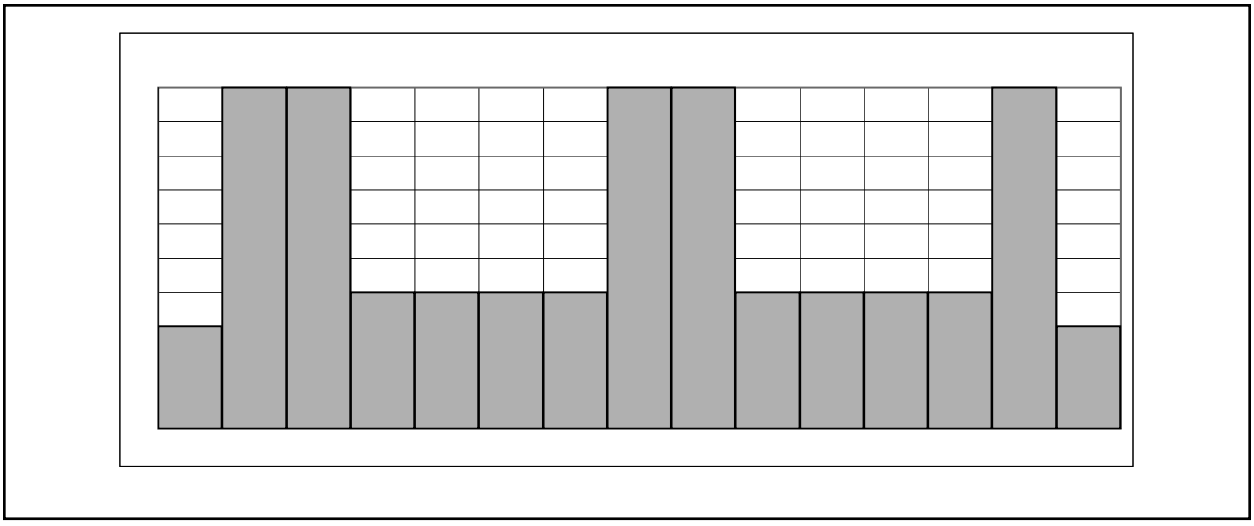

Figure 6

Hill Interval 1:3 (P-7)

Program Overview
Hill Interval 1:3 utilizes a one minute work interval followed by a three minute rest interval. The rest intervals are of a higher incline than those found in the other Hill Interval programs, and therefore require a longer recovery period. See table below and Figure 7.

Time	:30	:30	:30	:30	1:00	1:00	1:00	1:00	:30	:30	:30	:30
	Warm Up				Program Segments				Cool Down			
Incline	1	2	3	4	1	2	3	4	1	2	3	4
10	3	5	6	8	11	7	7	7	0	0	0	0
9	3	4	6	8	10	7	7	7	0	0	0	0
8	3	4	5	7	9	6	6	6	0	0	0	0
7	3	3	5	6	8	5	5	5	0	0	0	0
6	2	3	4	5	7	5	5	5	0	0	0	0
5	2	3	3	5	6	4	4	4	0	0	0	0
4	2	2	3	4	5	3	3	3	0	0	0	0
3	1	2	2	3	4	3	3	3	0	0	0	0
2	1	1	2	2	3	2	2	2	0	0	0	0
1	1	1	1	2	2	1	1	1	0	0	0	0

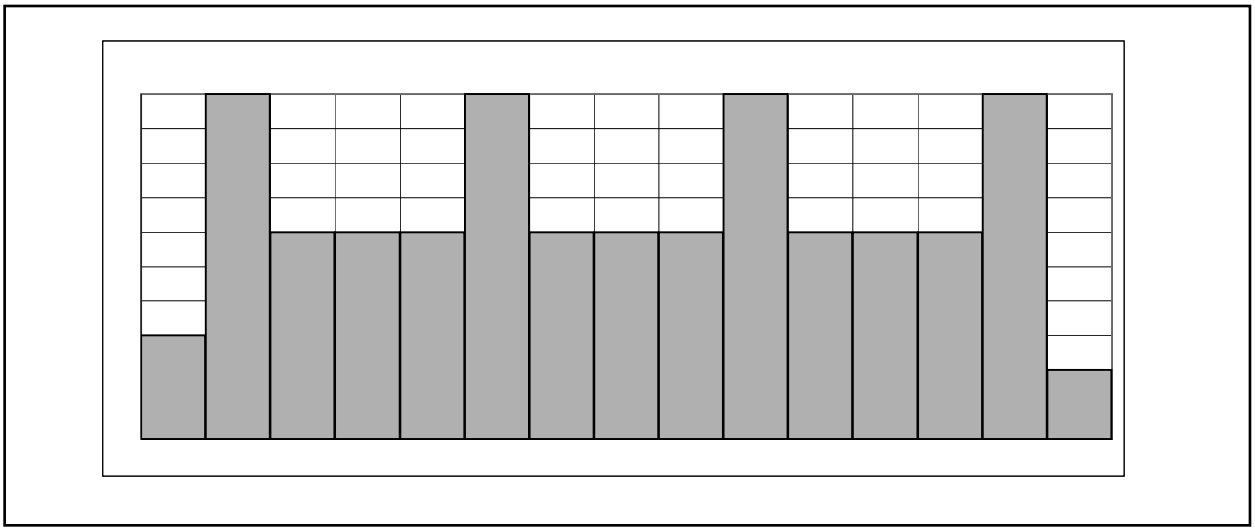

Figure 7

Cardio (P-8)

Program Overview
The Cardio program is designed to maintain a high total demand using two four-minute segments of alternating incline. This allows prolonged intervals that take advantage of long term energy systems and total aerobic capability when associated with speeds that require a high sustained cardiovascular demand. See table below and Figure 8.

Time	:30	:30	:30	:30	4:00 Program Segments	4:00	:30	:30	:30	:30
	Warm Up						Cool Down			
Incline	1	2	3	4	1	2	1	2	3	4
10	2	3	3	5	11	9	0	0	0	0
9	2	3	3	5	10	8	0	0	0	0
8	2	3	3	5	9	7	0	0	0	0
7	2	2	3	4	8	6	0	0	0	0
6	2	2	3	4	7	5	0	0	0	0
5	2	2	3	4	6	4	0	0	0	0
4	2	2	3	4	5	3	0	0	0	0
3	1	2	2	3	4	2	0	0	0	0
2	0	0	1	2	3	1	0	0	0	0
1	0	0	0	0	2	0	0	0	0	0

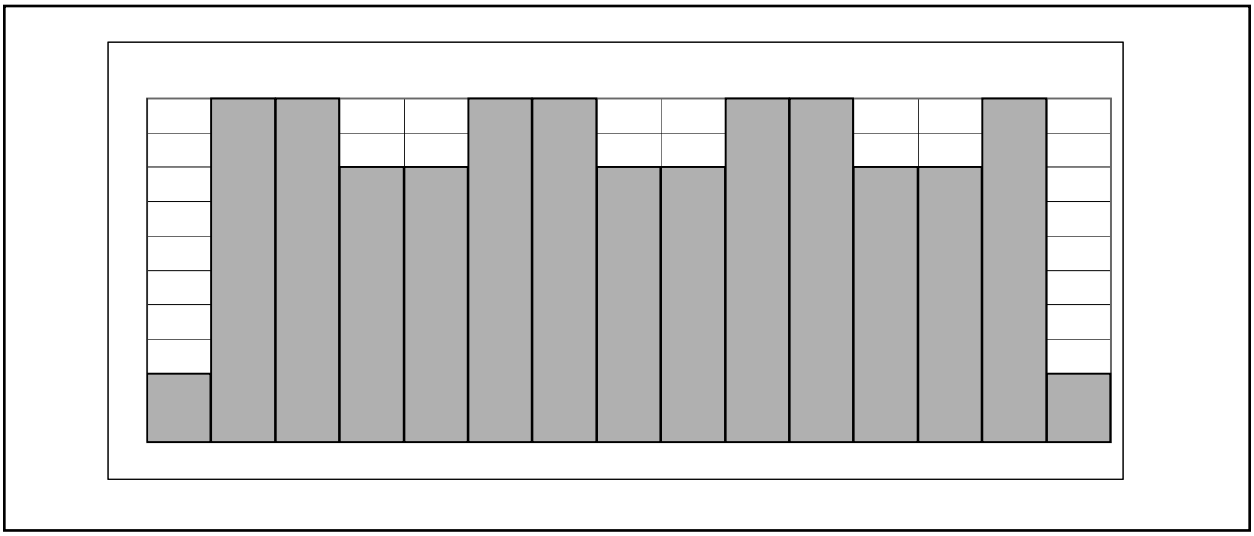

Figure 8

HR Control (P-9)

NOTE: *To use this feature, a Polar® compatible heart rate transmitter belt (not included) must be worn.*

Program Overview
The Heart rate Control program is interactive. By selecting a predetermined heart rate, the treadmill will adapt the elevation and speed to keep the user's heart rate at that level. This program is exceptionally useful for those individuals just starting out as well as the athlete. By maintaining the predetermined heart rate, the user is less likely to over or under exert themselves thereby ensuring they get all they should out of their training. Over time, the user will notice that as their fitness level improves and using a given time and heart rate that they will see more ground covered, more calories burned and a higher MET level during the program.

A MET is a basic unit of measurement that is used to compare relative work between individuals and activities. One MET is the amount of oxygen an individual consumes at rest. If an individual were working at four METs, he/she would be consuming oxygen at a rate equal to four times their resting consumption METs can be used to compare walking on a grade with running or even to cycling and other activities.

Gerkin Protocol (FT1)

Program Overview
This program was designed to predict the VO2 max using the Gerkin protocol. This test is used by the International Association of Firefighters to evaluate fitness level.

The speed range of the program includes walking speeds at 3 MPH then increases to 4.5 MPH or more during the middle stages. It returns to 3 MPH during the cool down session.

Elevation is used during the second stage of the test. It starts at a 2% grade and can increase from there.

Input information:
Age
Weight
Gender
Heart rate (Polar® compatible wireless chest strap required)

Test procedure:
1. 3 minute warm-up at 0% grade, 3mph.

2. Stage 1 – 1 minute, 0% grade, 4.5 mph. Walk or run. Heart rate is recorded during the last 15 seconds of each stage.

3. Stage 2 – 1 minute, 2% grade, 4.5 mph.
- Speed and grade increases now alternate. At odd numbered stages, speed increases by 0.5 mph. At even numbered stages, grade increases 2%.
- If heart rate is 85% or above, the stage is recorded, but the test continues for another 15 seconds with no increase in grade or speed.
- If heart rate remains above 85%, the test is terminated, and the last stage number is entered.
- If heart rate falls to or below 85%, speed or gradient is increased on the next minute boundary.
- Once the 85% threshold is exceeded or makes it to the 11th minute, the evaluation is ended and the final stage is entered

4. 3 minute Cool-down – 0% grade, 3 mph.

5. Take heart rate and record one minute after the end of the test. (Taken as a final reading and to monitor HR stabilizing).

Test Result:
FT1 – 'GERKIN PROTOCOL PREDICTED VO2 MAX = XXX'

Army (FT2)

Program Overview
This program was designed by the Army to test, evaluate and measure fitness levels. The goal is to complete the set distance of 2.0 miles (3.2 km) in the least amount of time. The user controls the speed as needed to reach the goal. A point value will be given at the completion of the test. See Figure 9.

Input information:
Age
Weight
Gender
Starting Speed

Test Result:
FT2 – 'ARMY PFT SCORE = XXX'

ARMY

Male

Age	Score 100	90	80	70	60	50	40	30	20	10
17-21	13:00	13:42	14:24	15:12	15:54	16:36	17:18	18:06	18:48	19:30
22-26	13:00	13:54	14:48	15:42	16:36	17:30	18:24	19:18	20:12	21:06
27-31	13:18	14:12	15:06	16:06	17:00	17:54	18:48	19:48	20:42	21:36
32-36	13:18	14:24	15:30	16:36	17:42	18:48	19:54	21:00	22:06	23:12
37-41	13:36	14:48	16:00	17:06	18:18	19:30	20:42	21:48	23:00	48:12
42-46	14:06	15:12	16:24	17:36	18:42	19:48	21:00	22:06	23:18	24:24
47-51	14:24	15:42	16:54	18:12	19:30	20:48	22:00	23:18	24:36	25:54
52-56	14:42	16:00	16:54	18:30	19:48	21:00	22:18	23:36	24:54	26:12
57-61	15:18	16:24	17:36	18:42	19:54	21:06	22:12	23:18	24:30	25:36
62+	15:42	16:48	17:48	18:54	20:00	21:06	22:12	23:12	24:18	25:24

Female

Age	Score 100	90	80	70	60	50	40	30	20	10
17-21	15:36	16:24	17:12	18:06	18:54	19:42	20:30	21:24	22:12	23:00
22-26	15:36	16:36	17:36	18:36	19:36	20:36	21:36	22:36	23:36	24:36
27-31	15:48	17:00	18:06	19:18	20:30	21:42	22:48	24:00	25:12	26:24
32-36	15:54	17:18	18:48	20:12	21:42	23:06	24:36	26:00		
37-41	17:00	18:24	19:54	21:18	22:42	24:06	25:30			
42-46	17:24	18:54	20:30	22:06	23:42	25:12				
47-51	17:36	19:12	20:48	22:24	24:00	25:36				
52-56	19:00	20:18	21:42	23:00	24:24	25:48				
57-61	19:42	21:00	22:18	23:30	24:48	26:06				
62+	20:00	21:18	22:30	23:42	25:00	26:12				

Figure 9

Air Force (FT3)

Program Overview
This program was designed by the Air Force to test, evaluate and measure fitness levels. The goal is to complete the set distance of 1.5 miles (2.4 km) in the least amount of time. The user controls the speed as needed to reach the goal. A point value will be given at the completion of the test. See Figures 10, 11 and 12.

Input information:
Age
Weight
Gender
Starting Speed

Test Result:
FT3 – 'AIRFORCE PFT SCORE = XXX'

Males <25 & Males 25-29			Males 30-34 & Males 35-39			Males 40-44 & Males 45-49		
1.5-Mile Run Time (min.)	VO_2 (ml/kg/min) Submaximal Estimates	Component Points	1.5-Mile Run Time (min.)	VO_2 (ml/kg/min) Submaximal Estimates	Component Points	1.5-Mile Run Time (min.)	VO_2 (ml/kg/min) Submaximal Estimates	Component Points
<9:36	>54	50.00	<9:48	53	50.00	<10:24	>50	50.00
9:36	54	50.00	9:48	53	50.00	10:24	50	50.00
9:37-9:48	53	47.50	9:49-10:12	51-52	47.50	10:25-10:36	49	47.50
9:49-10:12	51-52	45.00	10:13-10:24	50	45.00	10:37-10:54	48	45.00
10:13-10:36	49-50	43.50	10:25-10:54	48-49	43.50	10:55-11:24	46-47	43.50
10:37-11:06	47-48	42.00	10:55-11:24	46-47	42.00	11:25-11:54	44-45	42.00
11:07-11:36	45-46	40.50	11:25-11:54	44-45	40.50	11:55-12:30	42-43	40.50
11:37-12:12	43-44	39.00	11:55-12:30	42-43	39.00	12:31-13:12	40-41	39.00
12:13-12:54	41-42	37.50	12:31-12:54	41	37.50	13:13-13:36	39	37.50
12:55-13:36	39-40	36.00	12:55-13:36	39-40	36.00	13:37-14:24	37-38	36.00
13:37-14:24	37-38	34.00	13:37-14:24	37-38	34.00	14:25-15:18	35-36	34.00
14:25-14:54	36	32.00	14:25-14:54	36	32.00	15:19-15:48	34	32.00
14:55-15:18	35	30.00	14:55-15:18	35	30.00	15:49-16:24	33	30.00
15:19-15:48	34	27.00	15:19-15:48	34	27.00	16:25-16:54	32	27.00
15:49-16:24	33	24.00	15:49-16:24	33	24.00	16:55-17:36	31	24.00
16:25-16:54	32	21.00	16:25-16:54	32	21.00	17:37-18:12	30	21.00
16:55-17:36	31	18.00	16:55-17:36	31	18.00	18:13-18:54	29	18.00
17:37-18:12	30	15.00	17:37-18:12	30	15.00	18:55-19:42	28	15.00
18:13-18:54	29	12.00	18:13-18:54	29	12.00	19:43-20:36	27	12.00
18:55-19:42	28	9.00	18:55-19:42	28	9.00	20:37-21:30	26	9.00
19:43-20:36	27	6.00	19:43-20:36	27	6.00	21:31-22:30	25	6.00
20:37-21:30	26	3.00	20:37-21:30	26	3.00	22:31-23:36	24	3.00
>21:30	<26	0.00	>21:30	<26	0.00	>23:36	<24	0.00

Figure 10

Air Force (FT3) continued

Males 50-54 & Males 55+			Males 40-44 & Males 45-49			Males 50-54 & Males 55+		
1.5-Mile Run Time (min.)	VO_2 (ml/kg/min) Submaximal Estimates	Component Points	1.5-Mile Run Time (min.)	VO_2 (ml/kg/min) Submaximal estimates	Component Points	1.5-Mile Run Time (min.)	VO_2 (ml/kg/min) Submaximal Estimates	Component Points
>11:06	>47	50.00	<10:24	>50	50.00	>11:06	>47	50.00
11:06	47	50.00	10:24	50	50.00	11:06	47	50.00
11:07-11:24	46	47.50	10:25-10:36	49	47.50	11:07-11:24	46	47.50
11:25-11:36	45	45.00	10:37-10:54	48	45.00	11:25-11:36	45	45.00
11:37-12:12	43-44	43.50	10:55-11:24	46-47	43.50	11:37-12:12	43-44	43.50
12:13-12:54	41-42	42.00	11:25-11:54	44-45	42.00	12:13-12:54	41-42	42.00
12:55-13:36	39-40	40.50	11:55-12:30	42-43	40.50	12:55-13:36	39-40	40.50
13:37-14:24	37-38	39.00	12:31-13:12	40-41	39.00	13:37-14:24	37-38	39.00
14:25-15:18	35-36	37.50	13:13-13:36	39	37.50	14:25-15:18	35-36	37.50
15:19-15:48	34	36.00	13:37-14:24	37-38	36.00	15:19-15:48	34	36.00
15:49-16:54	32-33	34.00	14:25-15:18	35-36	34.00	15:49-16:54	32-33	34.00
16:55-17:36	31	32.00	15:19-15:48	34	32.00	16:55-17:36	31	32.00
17:37-18:12	30	30.00	15:49-16:24	33	30.00	17:37-18:12	30	30.00
18:13-18:54	29	27.00	16:25-16:54	32	27.00	18:13-18:54	29	27.00
18:55-19:42	28	24.00	16:55-17:36	31	24.00	18:55-19:42	28	24.00
19:43-20:36	27	21.00	17:37-18:12	30	21.00	19:43-20:36	27	21.00
20:37-21:30	26	18.00	18:13-18:54	29	18.00	20:37-21:30	26	18.00
21:31-22:30	25	15.00	18:55-19:42	28	15.00	21:31-22:30	25	15.00
22:31-23:36	24	12.00	19:43-20:36	27	12.00	22:31-23:36	24	12.00
23:37-24:48	23	9.00	20:37-21:30	26	9.00	23:37-24:48	23	9.00
24:49-26:06	22	6.00	21:31-22:30	25	6.00	24:49-26:06	22	6.00
26:07-27:36	21	3.00	22:31-23:36	24	3.00	26:07-27:36	21	3.00
>27:36	<21	0.00	>23:36	<24	0.00	>27:36	<21	0.00

Figure 11

Air Force (FT3) continued

Females <25

1.5-Mile Run Time (min.)	VO_2 (ml/kg/min Submaximal Estimates	Component Points
<11:06	>47	50.00
11:06	47	50.00
11:07-11:36	45-46	47.50
11:37-11:54	44	45.00
11:55-12:30	42-43	43.50
12:31-13:12	40-41	42.00
13:13-14:00	38-39	40.50
14:01-14:54	36-37	39.00
14:55-15:18	35	37.50
15:19-15:48	34	36.00
15:49-16:24	33	34.00
16:25-16:54	32	32.00
16:55-17:36	31	30.00
17:37-18:12	30	27.00
18:13-18:54	29	24.00
18:55-19:42	28	21.00
19:43-20:36	27	18.00
20:37-21:30	26	15.00
21:31-22:30	25	12.00
22:31-23:36	24	9.00
23:37-24:48	23	6.00
24:49-26:06	22	3.00
>26:06	<22	0.00

Females 25-29

1.5-Mile Run Time (min.)	VO_2 (ml/kg/min) Submaximal Estimates	Component Points
<11:24	>46	50.00
11:24	46	50.00
11:25-11:36	45	47.50
11:37-11:54	44	45.00
11:55-12:30	42-43	43.50
12:31-13:12	40-41	42.00
13:13-14:00	38-39	40.50
14:01-14:54	36-37	39.00
14:55-15:18	35	37.50
15:19-15:48	34	36.00
15:49-16:24	33	34.00
16:25-16:54	32	32.00
16:55-17:36	31	30.00
17:37-18:12	30	27.00
18:13-18:54	29	24.00
18:55-19:42	28	21.00
19:43-20:36	27	18.00
20:37-21:30	26	15.00
21:31-22:30	25	12.00
22:31-23:36	24	9.00
23:37-24:48	23	6.00
24:49-26:06	22	3.00
>26:06	<22	0.00

Females 30-34 & Females 35-39

1.5-Mile Run Time (min.)	VO_2 (ml/kg/min) Submaximal Estimates	Component Points
<11:54	>44	50.00
11:54	44	50.00
11:55-12:30	42-43	47.50
12:31-12:54	41	45.00
12:55-13:12	40	43.50
13:13-13:36	39	42.00
13:37-14:24	37-38	40.50
14:25-14:54	36	39.00
14:55-15:18	35	37.50
15:19-15:48	34	36.00
15:49-16:24	33	34.00
16:25-16:54	32	32.00
16:55-17:36	31	30.00
17:37-18:12	30	27.00
18:13-18:54	29	24.00
18:55-19:42	28	21.00
19:43-20:36	27	18.00
20:37-21:30	26	15.00
21:31-22:30	25	12.00
22:31-23:36	24	9.00
23:37-24:48	23	6.00
24:49-26:06	22	3.00
>26:06	<22	0.00

Females 40-44 & Females 45-49

1.5-Mile Run Time (min.)	VO_2 (ml/kg/min) Submaximal Estimates	Component Points
<12:30	>42	50.00
12:30	42	50.00
12:31-12:54	41	47.50
12:55-13:12	40	45.00
13:13-14:00	38-39	43.50
14:01-14:54	36-37	42.00
14:55-15:48	34-35	40.50
15:49-16:24	33	39.00
16:25-16:54	32	37.50
16:55-17:36	31	36.00
17:37-18:12	30	34.00
18:13-18:54	29	32.00
18:55-19:42	28	30.00
19:43-20:36	27	27.00
20:37-21:30	26	24.00
21:31-22:30	25	21.00
22:31-23:36	24	18.00
23:37-24:48	23	15.00
24:49-26:06	22	12.00
26:07-27:36	21	9.00
27:37-29:18	20	6.00
29:19-31:12	19	3.00
>31:12	<19	0.00

Females 50-54 & Females 55+

1.5-Mile Run Time (min.)	VO_2 (ml/kg/min) Submaximal Estimates	Component Points
<14:24	>37	50.00
14:24	37	50.00
14:25-14:54	36	47.50
14:55-15:18	35	45.00
15:19-16:24	33-34	43.50
16:25-16:54	32	42.00
16:55-17:36	31	40.50
17:37-18:12	30	39.00
18:13-18:54	29	37.50
18:55-19:42	28	36.00
19:43-20:36	27	34.00
20:37-21:30	26	32.00
21:31-22:30	25	30.00
22:31-23:36	24	27.00
23:37-24:48	23	24.00
24:49-26:06	22	21.00
26:07-27:36	21	18.00
27:37-29:18	20	15.00
29:19-31:12	19	12.00
31:13-33:18	18	9.00
33:19-35:48	17	6.00
35:49-38:36	16	3.00
>38:36	<16	0.00

Figure 12

Navy < 5K (FT4)

Program Overview
This program was designed by the Navy to test, evaluate and measure fitness levels. The goal is to complete the set distance of 1.5 miles (2.4 km) in the least amount of time. The user controls the speed as needed to reach the goal. A point value will be given at the completion of the test. See Figures 13 and 14.

NOTE: *Use this program when performing the test at altitudes below 5,000 feet (1,524 meters).*

Input information:
Age
Weight
Gender
Starting Speed

Test Result:
FT4 – 'NAVY <5K PRT SCORE = XXX'

NAVY <5K

1.5 Mile Run Under 5000 Feet

MALES			**17-19**	**20-24**	**25-29**	**30-34**
Category	Level	Component Points	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)
Outstanding	High	100	8:15	8:30	8:55	9:20
Outstanding	Medium	95	8:45	9:00	9:23	9:45
Outstanding	**Low**	**90**	**9:00**	**9:15**	**9:38**	**10:00**
Excellent	High	85	9:15	9:45	10:15	10:30
Excellent	Medium	80	9:30	10:00	10:30	11:00
Excellent	**Low**	**75**	**9:45**	**10:30**	**10:52**	**11:15**
Good	High	70	10:00	10:45	11:23	12:00
Good	Medium	65	10:30	11:30	12:15	13:00
Good	**Low**	**60**	**11:00**	**12:00**	**12:53**	**13:45**
Satisfactory	High	55	12:00	12:45	13:23	14:00
Satisfactory	Medium	50	12:15	13:15	13:45	14:15
Probationary		45	12:30	13:30	14:00	14:30

35-39	**40-44**	**45-49**	**50-54**	**55-59**	**60-64**	**65+**
1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)
9:25	9:30	9:33	9:35	10:42	11:21	11:41
9:53	10:00	10:08	10:15	11:09	11:48	12:13
10:08	**10:15**	**10:30**	**10:45**	**11:25**	**12:04**	**12:43**
10:38	10:45	11:08	11:30	11:57	12:40	13:20
11:08	11:15	11:38	12:00	12:29	13:16	13:57
11:23	**11:45**	**12:08**	**12:30**	**13:12**	**13:53**	**14:34**
12:23	12:45	13:00	13:15	14:13	15:00	15:47
13:23	13:45	14:08	14:30	15:14	16:07	17:00
14:08	**14:30**	**14:53**	**15:15**	**16:15**	**17:14**	**18:13**
14:23	14:45	15:15	15:45	16:33	17:47	19:00
14:45	15:15	15:45	16:15	16:51	18:20	19:47
15:00	15:30	16:08	16:45	17:09	18:52	20:35

Figure 13

Navy (FT4) continued

FEMALES			17-19	20-24	25-29	30-34
Category	Level	Component Points	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)
Outstanding	High	100	9:29	9:47	10:17	10:46
Outstanding	Medium	95	11:15	11:15	11:30	11:45
Outstanding	**Low**	**90**	**11:30**	**11:30**	**11:45**	**12:00**
Excellent	High	85	11:45	12:15	12:30	12:45
Excellent	Medium	80	12:00	12:45	13:00	13:15
Excellent	**Low**	**75**	**12:30**	**13:15**	**13:23**	**13:30**
Good	High	70	12:45	13:30	14:00	14:30
Good	Medium	65	13:00	13:45	14:30	15:15
Good	**Low**	**60**	**13:30**	**14:15**	**14:53**	**15:30**
Satisfactory	High	55	14:15	15:00	15:23	15:45
Satisfactory	Medium	50	14:45	15:15	15:45	16:15
Probationary		45	15:00	15:30	16:08	16:45

35-39	40-44	45-49	50-54	55-59	60-64	65+
1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)
10:51	10:56	10:58	11:00	12:23	13:34	14:45
11:53	12:00	12:08	12:15	13:39	14:50	16:01
12:08	**12:15**	**12:30**	**12:45**	**13:57**	**15:08**	**16:19**
12:53	13:00	13:15	13:30	14:25	15:34	16:43
13:23	13:30	13:45	14:00	14:53	16:00	17:07
13:45	**14:00**	**14:08**	**14:15**	**15:20**	**16:25**	**17:30**
14:38	14:45	15:00	15:15	16:09	17:17	18:18
15:30	15:45	15:53	16:00	16:58	18:06	19:06
15:53	**16:15**	**16:30**	**16:45**	**17:48**	**18:51**	**19:54**
16:15	16:45	16:53	17:00	18:03	19:08	20:13
16:38	17:00	17:08	17:15	18:18	19:25	20:31
17:00	17:15	17:23	17:30	18:34	19:43	20:52

Figure 14

Navy > 5K (FT5)

Program Overview
This program was designed by the Navy to test, evaluate and measure fitness levels. The goal is to complete the set distance of 1.5 miles (2.4 km) in the least amount of time. The user controls the speed as needed to reach the goal. A point value will be given at the completion of the test. See Figures 15 and 16.

NOTE: *Use this program when performing the test at altitudes above 5,000 feet (1,524 meters).*

Input information:
Age
Weight
Gender
Starting Speed

Test Result:
FT5 – 'NAVY >5K PRT SCORE = XXX'

NAVY >5K

1.5 Mile Run Over 5000Feet

MALES			**17-19**	**20-24**	**25-29**	**30-34**
Category	Level	Component Points	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)
Outstanding	High	100	9:00	9:15	9:43	10:10
Outstanding	Medium	95	9:30	9:50	10:15	10:40
Outstanding	**Low**	**90**	**9:50**	**10:05**	**10:30**	**10:55**
Excellent	High	85	10:05	10:40	11:13	11:45
Excellent	Medium	80	10:20	10:55	11:28	12:00
Excellent	**Low**	**75**	**10:40**	**11:25**	**11:50**	**12:15**
Good	High	70	10:55	11:45	12:25	13:05
Good	Medium	65	11:25	12:30	13:20	14:10
Good	**Low**	**60**	**12:00**	**13:05**	**14:03**	**15:00**
Satisfactory	High	55	13:05	13:55	14:35	15:15
Satisfactory	Medium	50	13:20	14:25	14:58	15:30
Probationary		45	13:40	14:45	15:18	15:50

35-39	**40-44**	**45-49**	**50-54**	**55-59**	**60-64**	**65+**
1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)
10:15	10:20	10:23	10:25	11:46	12:29	12:51
10:48	10:55	11:03	11:10	12:16	12:59	13:26
11:03	**11:10**	**11:28**	**11:45**	**12:34**	**13:16**	**13:59**
11:45	11:45	12:08	12:30	13:09	13:56	14:40
12:08	12:15	12:40	13:05	13:44	14:36	15:21
12:33	**12:50**	**13:15**	**13:40**	**14:31**	**15:16**	**16:01**
13:30	13:55	14:10	14:25	15:38	16:30	17:22
14:35	15:00	15:25	15:50	16:45	17:44	18:42
15:25	**15:50**	**16:15**	**16:40**	**17:53**	**18:57**	**20:02**
15:40	16:05	16:38	17:10	18:12	19:34	20:54
16:05	16:40	17:13	17:45	18:32	20:10	21:46
16:23	16:55	17:35	18:15	18:52	20:45	22:39

Figure 15

Navy (FT5) continued

FEMALES			17-19	20-24	25-29	30-34
Category	Level	Component Points	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)
Outstanding	High	100	10:20	10:40	11:13	11:45
Outstanding	Medium	95	12:15	12:15	12:33	12:50
Outstanding	**Low**	**90**	**12:30**	**12:30**	**12:48**	**13:05**
Excellent	High	85	12:50	13:20	13:38	13:55
Excellent	Medium	80	13:05	13:55	14:10	14:25
Excellent	**Low**	**75**	**13:40**	**14:25**	**14:35**	**14:45**
Good	High	70	13:55	14:45	15:18	15:50
Good	Medium	65	14:10	15:00	15:50	16:40
Good	**Low**	**60**	**14:45**	**15:30**	**16:13**	**16:55**
Satisfactory	High	55	15:30	16:20	16:45	17:10
Satisfactory	Medium	50	16:05	16:40	17:13	17:45
Probationary		45	16:20	16:55	17:35	18:15

35-39	40-44	45-49	50-54	55-59	60-64	65+
1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)	1.5-Mile Run Time (min.)
11:50	11:55	11:58	12:00	13:37	14:55	16:14
12:58	13:05	13:13	13:20	15:01	16:19	17:37
13:13	**13:20**	**13:38**	**13:55**	**15:21**	**16:39**	**17:57**
14:03	14:10	14:28	14:45	15:52	17:07	18:23
14:35	14:45	15:00	15:15	16:22	17:36	18:50
15:00	**15:15**	**15:23**	**15:30**	**16:52**	**18:04**	**19:15**
15:58	16:05	16:23	16:40	17:46	19:01	20:08
16:55	17:10	17:18	17:25	18:40	19:55	21:01
17:20	**17:45**	**18:00**	**18:15**	**19:35**	**20:44**	**21:53**
17:43	18:15	18:23	18:30	19:51	21:03	22:14
18:08	18:30	18:40	18:50	20:08	21:22	22:34
18:33	18:50	18:58	19:05	20:25	21:41	22:57

Figure 16

Marines Sea Level (FT6)

Program Overview
This program was designed by the Marines to test, evaluate and measure fitness levels. The goal is to complete the set distance of 3.0 miles (4.8 km) in the least amount of time. The user controls the speed as needed to reach the goal. A point value will be given at the completion of the test. See Figure 17.

NOTE: *Use this program when performing the test at altitudes below 4,500 feet (1,372 meters).*

Input information:
Age
Weight
Gender
Starting Speed

Test Result:
FT6 – 'MARINES SEA-LEVEL PRT SCORE = XXX'

MARINES SEA LEVEL

3-Mile Run Points

Points	Male	Female
	3 mile run no altitude	3 mile run no altitude
100	18:00	21:00
90	19:40	22:40
80	21:20	24:20
70	23:00	26:00
60	24:40	27:40
50	26:20	29:20
40	28:00	31:00
30	29:40	32:40
20	31:20	34:20
10	33:00	36:00

Required minimum scores (Male)

Age	Unsatisfactory	3rd Class	2nd Class	1st Class
17-26	0-134	135	175	225
27-39	0-109	110	150	200
40-45	0-87	88	125	175
46+	0-64	65	100	150

Required minimum scores (Female)

Age	Unsatisfactory	3rd Class	2nd Class	1st Class
17-26	0-134	135	175	225
27-39	0-109	110	150	200
40-45	0-87	88	125	175
46+	0-64	65	100	150

Figure 17

Marines > 4.5K (FT7)

Program Overview
This program was designed by the Marines to test, evaluate and measure fitness levels. The goal is to complete the set distance of 3.0 miles (4.8 km) in the least amount of time. The user controls the speed as needed to reach the goal. A point value will be given at the completion of the test. See Figure 18.

NOTE: *Use this program when performing the test at altitudes above 4,500 feet (1,372 meters).*

Input information:
Age
Weight
Gender
Starting Speed

Test Result:
FT7 – 'MARINES >4.5K PRT SCORE = XXX'

MARINES > 4.5K

3-Mile Run Points

Points	Male	Female
	3 mile run 4,500 feet above sea level	3 mile run 4,500 feet above sea level
100	19:30	22:30
90	21:10	24:10:00
80	22:50	25:50:00
70	24:30:00	27:30:00
60	26:10:00	29:10:00
50	27:50:00	30:50:00
40	29:30:00	32:30:00
30	31:10:00	34:10:00
20	32:50:00	35:50:00
10	34:30:00	37:30:00
1	36:00:00	39:00:00

Required minimum scores (Male)

Age	Unsatisfactory	3rd Class	2nd Class	1st Class
17-26	0-134	135	175	225
27-39	0-109	110	150	200
40-45	0-87	88	125	175
46+	0-64	65	100	150

Required minimum scores (Female)

Age	Unsatisfactory	3rd Class	2nd Class	1st Class
17-26	0-134	135	175	225
27-39	0-109	110	150	200
40-45	0-87	88	125	175
46+	0-64	65	100	150

Figure 18

One Mile (FT8)

Program Overview
The objective of this test is to monitor the development of the athlete's VO2 max. See Figure 19.
(continued on next page)

Input information:
Age
Weight
Gender
Starting Speed
Heart rate

Heart Rate Requirements:
Wireless heart rate transmitter

Test procedure:
1. Record your weight
2. Walk one mile (1,609 metres) as fast as possible
3. Record the time to complete the one mile walk
4. Immediately on finishing the walk record your heart rate (beats per minute)
5. Determine your VO2 max

The formula used to calculate VO2 max is:
132.853 - (0.0769 * Weight) - (0.3877 * Age) + (6.315 * Gender) - (3.2649 * Time) - (0.1565 * Heart rate)

Input values are:
Weight is in pounds (lbs)
Age is in years
Gender Male = 1 and Female = 0
Time is expressed in minutes and 100ths of minutes
Heart rate is in beats/min

Test Result:
FT8 – 'ONE MILE TEST PREDICTED VO2 MAX = XXX'

One Mile (FT8) continued

Analyses of VO2 max scores

Female (values in ml/kg/min)

Age	Very Poor	Poor	Fair	Good	Excellent	Superior
13-19	<25.0	25.0 - 30.9	31.0 - 34.9	35.0 - 38.9	39.0 - 41.9	>41.9
20-29	<23.6	23.6 - 28.9	29.0 - 32.9	33.0 - 36.9	37.0 - 41.0	>41.0
30-39	<22.8	22.8 - 26.9	27.0 - 31.4	31.5 - 35.6	35.7 - 40.0	>40.0
40-49	<21.0	21.0 - 24.4	24.5 - 28.9	29.0 - 32.8	32.9 - 36.9	>36.9
50-59	<20.2	20.2 - 22.7	22.8 - 26.9	27.0 - 31.4	31.5 - 35.7	>35.7
60+	<17.5	17.5 - 20.1	20.2 - 24.4	24.5 - 30.2	30.3 - 31.4	>31.4

Male (values in ml/kg/min)

Age	Very Poor	Poor	Fair	Good	Excellent	Superior
13-19	<35.0	35.0 - 38.3	38.4 - 45.1	45.2 - 50.9	51.0 - 55.9	>55.9
20-29	<33.0	33.0 - 36.4	36.5 - 42.4	42.5 - 46.4	46.5 - 52.4	>52.4
30-39	<31.5	31.5 - 35.4	35.5 - 40.9	41.0 - 44.9	45.0 - 49.4	>49.4
40-49	<30.2	30.2 - 33.5	33.6 - 38.9	39.0 - 43.7	43.8 - 48.0	>48.0
50-59	<26.1	26.1 - 30.9	31.0 - 35.7	35.8 - 40.9	41.0 - 45.3	>45.3
60+	<20.5	20.5 - 26.0	26.1 - 32.2	32.3 - 36.4	36.5 - 44.2	>44.2

Figure 19

Parts List

ITEM	QTY.	PART NO.	DESCRIPTION
1	2	AF-19988	NUT, ROLLER, REAR
2	2	AF-20052	BRACKET, MOTOR,MOUNTING
3	2	AF-20206	CLAMP, LOWER, TOP STEP
4	1	AL-19740	ROLLER ASSY, FRONT
5	1	AL-19741	ROLLER ASSY, REAR
6	2	AX-20035	ASSY, DECK PIVOT BRACKET
7	1	AX-20094	ASSY, ELEVATION
8	1	AX-20383	ASSY, MOTOR COVER
9	1	AX-20452	ASSY, END CAP, LEFT
10	1	AX-20453	ASSY, END CAP, RIGHT
11	1	BD-19889	BELT, RUNNING, 21.88 X 61.75"
12	1	BD-20049	BELT, DRIVE
15	1	DE-14486	DECAL SERIAL NUMBER
16	1	DE-18413	DECAL, ETL AND CSA
17	2	DE-19360	DECAL, CYBEX, BLACK
18	2	DE-20392	DECAL, 750T, BLACK
19	2	DE-20393	DECAL, 750T, SILVER
20	1	DE-20427	DECAL, DISCONNECT POWER
21	1	DK-20024	DECK, RUNNING, 29.00 X 53.5"
23	4	EH-10291	TY WRAP BASE
24	2	FM-20096	PIN, ELEVATION PIVOT
25	1	FM-20099	MOUNTING SHAFT, ELEVATION MOTOR
26	4	FS-16511	PLATE, REAR RUBBER FOOT MOUNT
27	2	FS-20031	PLATE, RETAINER, UPPER, TOP STEP
28	1	FS-20109	SHIELD, SPLASH
29	1	FT-16825	SLEEVE, ELEVATION MOUNTING, TOP
30	1	FT-16826	SLEEVE, ELEVATION MOUNTING, BOTTOM
31	2	HB-16367	BUSHING .50 ID X .62 OD X .31"
32	2	HB-20097	BEARING, FLANGE, BRONZE
33	2	HB-20098	BEARING, THRUST, BRONZE
34	4	HN-11136	KEPS 5/16" HEX STL ZINC
35	2	HN-17935	NUT LOCK, 3/8 - 24
36	2	HN-20041	NUT, 1/4 - 20 PROPELLER
37	2	HN-20693	NUT, TEE, 5/16 - 18, 1-2" BARREL
38	4	HS-00700	SCREW, 8-32 X 0.50", PNHD PHIL
39	17	HS-11977	SCREW SEMS, 8-32 X .38, PNHD PHIL
40	12	HS-12295	BOLT, 1/4 - 20 X 1.75", HXHD, G5
41	2	HS-15480	BOLT TAP, 1/2 - 13 X 6, HXHD, G5
42	9	HS-15706	SCREW, 8-16 X .50", PNHD, STL, BLK ZN
43	8	HS-16509	SCREW SLFTP, 10 X .5", PNHD, PLT, TYP
44	8	HS-16929	BOLT WHIZ LOCK, 3/8 - 16 X .625", HXHD
45	4	HS-16939	SCREW SEMS, 10-32 X .75, PNHD, BLK
46	1	HS-17936	BOLT, 3/8 - 24 X 2.0", HXHD CAP
47	1	HS-17937	BOLT, 3/8 - 24 X 2.75", HXHD CAP
48	2	HS-18358	BOLT, 5/16 - 18 X .1.25", SCHD CAP
49	8	HS-19108	SCREW 5/16 - 18 X 3/4", HXHD
51	12	HW-00180	WASHER, SPLIT LOCK 1/4", SST
52	2	HW-00590	BUSHING, NYLON, 1/2"
53	2	HW-10028	WASHER, 1/2"
54	14	HW-18123	WASHER, .344 ID X .75 OD X .125"
55	2	HW-20044	WASHER, BELLEVILLE, 15 X 8.2 X 1.0 mm
56	2	HW-20089	WASHER, WAVE, .650 ID X .855"
57	4	HW-53017	WASHER FLAT, 5/16", SS
58	7	HX-13771	RING, RETAINING, 5/8" 0.579 ID
59	2	HX-19102	FOOT, RUBBER, REAR
60	2	HX-19991	BUMPER, SPRING DECK, 2.10 X 2.34 X 1"
62	1	PL-20262	COVER, LEFT SIDE FRONT
63	1	PL-20263	COVER, RIGHT SIDE FRONT
64	1	PL-20264	COVER, FRONT
65	1	PL-20265	COVER, REAR, FRAME OUTER, LEFT
66	1	PL-20266	COVER, REAR, FRAME INNER, LEFT
67	1	PL-20269	COVER, REAR, FRAME OUTER, RIGHT
68	1	PL-20270	COVER, REAR, FRAME INNER, RIGHT
69	2	HS-41107	BOLT, 5/16 - 18 X 1.5", BTHD, SST
70	2	HW-00165	WASHER, SPLIT LOCK 5/16"
74	2	EH-20254	CLIP,WIRE RETAINER,.24-.47", DIA,.105THK
75	1	HX-20248	GROMMET,RUBBER,1.12"DIA
76	2	EH-20244	CLIP, WIRE RETAINER, .24-.47"DIA
77	1	DE-19198	DECAL,CYBEX
81	1	AF-20842	BRACKET, MOTOR COVER
82	1	HS-11976	SCREW, SEMS, 10-32 X .38"
83	1	HX-20843	BUMPER, MOTOR COVER
84	1	HN-60064	NUT, JAM, 3/8 - 16", BLACK ZN
85	1	HS-60022	BOLT, 3/8 X 2.25", HXHD, CAP, BLK
86	1	CW-22240	WHEEL,80MM DIA X 32MM W
87	2	HX-22247	BUSHING,SPANNER,.500 OD X 1.5"L
89	2	HS-22137	BOLT, 1/4-14 x 1.25",HXHD WSHR,TYP
90	2	PL-22129	BRACKET,POWER CORD STORAGE,PLASTIC
91	5	EH-00986	TY WRAP 9"
92	1	DE-22327	LABEL,BLACK,INTELLIGENT SUSPENSION 3
92	1	DE-22328	LABEL,SILVER,INTELLIGENT SUSPENSION 3
101	1	MR-22239	ASSY, MOTOR, TREADMILL, AC DRIVE
102	1	AX-20235	SUB ASSY, 110 VAC CONTROLLER
102	1	AX-20236	SUB ASSY, 220 VAC CONTROLLER
102	1	AX-20237	SUB ASSY, 230 VAC, 50HZ CONTROLLER
103	1	MR-19992	MOTOR, ELEVATION, 115 VAC, 60 HZ
103	1	MR-19993	MOTOR, ELEVATION, 230 VAC, 50-60 HZ
111	1	KAD-22221	PCA, CNTRL, GOLD, 115 VAC
111	1	KAD-22431	PCA, CNTRL, TIN, 230 VAC
111	1	KAD-22223	PCA, CNTRL, GOLD, 230 VAC, 50 HZ
112	1	AD-21879	PCA, HUB BOARD
113	1	AF-20123	PLATE, SWITCHES
114	1	AF-20234	BRACKET,CONTROLLER, PCB
115	1	AW-19404	CABLE, CAT5, RJ45 FLAT PATCH 12"

ITEM	QTY.	PART NO.	DESCRIPTION
116	1	AW-20289	WIRE, INLET TO SWITCH FILTER JUMPER
117	1	AW-20290	WIRE, SWITCH TO FILTER JUMPER
118	1	AW-20291	WIRE, INLET TO GROUND JUMPER, GREEN
119	1	AW-22177	CABLE, MOTOR CONTROLLER
120	1	AW-20442	WIRE, FILTER TO OUTLET JUMPER, BLACK
121	1	AW-20443	WIRE, FILTER TO OUTLET JUMPER, WHITE
122	1	AW-20444	WIRE, OUTLET, GROUND JUMPER, GREEN
123	1	AW-20446	WIRE, INLET TO SWITCH JUMPER, BLACK
124	1	AW-20447	WIRE, INLET TO SWITCH JUMPER, WHITE
125	1	CN-20252	PLUG, NEMA 5-15R
126	1	DE-20558	LABEL, HUB BOARD
127	1	EC-18896	FILTER, 16A
128	1	EH-12208	INLET, IEC, 320 16-20 AMP
130	1	FS-20232	BRACKET, POWER CORD RETAINER
131	2	HN-11925	KEPS, 10-32, HEX, STL, ZN
132	2	HS-10405	SCREW, 4-40 X .25",PNHD PHIL
134	4	HS-15732	SCREW, SEMS, 8-32 UNC X .62", PNHD, PHIL
135	1	HW-10856	WASHER, LOCK, EXTERNAL, NO. 10
136	1	RE-20242	RESISTOR, TM5, DYNAMIC BRAKE
137	1	SW-19666	SWITCH, CIRCUIT BREAKER, 15 AMP, 240 VAC
137	1	SW-19667	SWITCH, CIRCUIT BREAKER, 20 AMP, 240 VAC
200	1	AF-19890	WELDMENT, FRAME
201	1	AF-19921	WELDMENT, UPRIGHT, LEFT
202	1	AF-19922	WELDMENT, UPRIGHT, RIGHT
203	1	AX-20331	ASSY, TOP PLATFORM, LEFT
204	1	AX-20332	ASSY, TOP PLATFORM, RIGHT
205	2	DE-20305	DECAL, SAFETY WALK
300	1	AC-21401-X*	ASSY, CONSOLE, 751T, AMBER LED
302	1	AF-21761	WELDMENT, CONSOLE
303	1	AW-19694	CABLE, HANDSET TO DISPLAY
304	1	AW-20170	CABLE, MOTION SENSOR
305	1	AW-20239	CABLE, 750T CONSOLE
306	1	AX-19936	ASSY, HANDRAIL, LEFT
307	1	AX-19941	ASSY, HANDRAIL, RIGHT
309	1	AX-20552	ASSY, E-STOP KEY
311	1	DE-20364	DIFFUSER, DISC, 0.6" OD
312	1	DE-21184	DECAL, 751T, CONSOLE, TOP, AMBER LED, LANGUAGES
312	1	DE-21184-4	DECAL, 751T, CONSOLE, TOP, AMBER LED, ENGLISH
313	1	EC-19706	FAN, 12 VDC, 120 X 120MM
314	1	EC-19974	SENSOR, IR MOTION
315	4	HN-20362	NUT, SELF THREADING, 3/8 X 11/16", ST
316	2	HS-10716	SCREW, 4-40 X 0.38", PNHD, PHIL
317	4	HS-14391	SCREW, 6-32 X .38, PNHD, PHIL
319	8	HS-18320	SCREW, 6-19 X 1-2", PNHD, PHIL
321	2	HS-20367	SCREW, SEMS, M4 X 10 mm, PNHD, PHIL
322	3	HS-20399	SCREW, SEMS, 8-32 X 1.25", PNHD, PHIL
323	4	HS-41006	SCREW, SLFTP, 10-24 X .5, PNHD, PHIL
324	15	HS-41187	SCREW, SLFTP, 8-16 X .3125", PLASTITE
325	2	HX-20360	INSERT, EXPANSION, PLASTIC, #8 - #1
326	1	PL-20143	HOUSING, E-STOP
328	1	PL-20210	CONSOLE, BACK PANEL
329	1	PL-20211	CONSOLE, JUNCTION COVER, INNER, LEFT
330	1	PL-20218	DUCT, FAN, RIGHT
331	1	PL-20274	ISOLATOR, WATER, BOTTLE, LEFT
332	1	PL-20275	ISOLATOR, WATER, BOTTLE, RIGHT
333	1	PL-20340	DUCT, FAN, LEFT
334	1	PL-20355	COVER, JUNCTION, CONSOLE, OUTER, LEFT
335	1	PL-20356	COVER, JUNCTION, CONSOLE, INNER, RIGHT
336	1	PL-20357	COVER, JUNCTION, CONSOLE, OUTER, RIGHT
337	1	PL-20550	CONSOLE, FRONT
338	1	SW-21183-X*	MEMBRANE, 750T, KEYBOARD
345	1	PL-20549-X*	BUTTON, STOP, MOLDED
346	1	AX-20513	SWITCH, BUTTON, STOP
347	4	HS-20553	SCREW, 4 X 3/8", SLFTP, PNHD, PHIL, ZN, PLASTITE
350	1	DE-20735-X*	LABEL, WARNING, CONSOLE
351	2	KHX-21337	BOTTLE STABILIZER
352	1	DE-21596	LABEL, AV BLANK, 750T
352	1	SW-20813-X*	MEMBRANE,AV KEYPAD
353	1	KAD-21926	PCA,PEM JACK BOARD
354	1	AF-21482	BRACKET,AV,LOWER,750T
355	1	KAF-21910	WELDMENT,AV,750T
356	1	AX-21798-X*	ASSY,HANDSET,TOP W-TABS
357	6	HN-21072	PEM MOUNTING NUT
358	2	HS-11347	BOLT,1-4-20X0.75,SCHD BTN,BLK
359	2	HS-12083	BOLT LCK,1-4-20X.625
360	2	HS-13739	BOLT LCK,1-4-20X1.25,G5
362	1	PL-21792	COVER,HANDSET BOTTOM
363	1	PL-21793	COVER,HANDSET AV MODULE
364	1	PL-21794	COVER,HANDSET NON AV MODULE
365	1	KAW-20820	KIT,C-HR REPLACEMENT CONTACT GRIPS WITH CONNECTOR WIRES
400	1	AD-21736	PCA, HANDSET, UNIVERSAL
401	1	AF-20137	BRACKET, A/V POWER SUPPLY
403	1	AW-21489	CABLE,CAT5E 24" PATCH,BLUE
404	1	AW-20241	POWER CORD, IEC NEMA 5-15, SHORT FOR A/V
406	1	AW-21499	CABLE,LOCKING RF and DC POWER CABLE,2795MM
408	1	CP-21072	MONITOR,13.3", ATSC, NTSC, PEM
409	1	FS-20300	STRAP, A/V POWER SUPPLY
416	1	PL-20278	CONSOLE TOP W/O A/V
418	1	TR-21881	POWER SUPPLY,12V FAN LOCKING DC
419	1	FS-20233	BRACKET, FAN POWER SUPPLY RETAINER
422	1	CP-21073	MONITOR,13.3", DVB-T, SECAM, PAL, PEM
423	1	PL-21178	CONSOLE, TOP, A/V, 751T

ITEM	QTY.	PART NO.	DESCRIPTION
424	1	HS-11894	SCREW SEMS, 6/32 X .25", PNHD PHIL
434	1	AW-20892	CABLE, COMP AV JACK BOARD, GREEN
435	1	AW-20841	CABLE,IPOD
436	1	DE-22190	LABEL,NIKE+ IPOD
500	2	HS-00293	BOLT, 5/16 - 18 X 2.0", HXHD
500	2	HS-41050	BOLT, 5/16-18 x 2.25", HXHD, G5
501	2	HW-00189	WASHER, FLAT, 5/16"
502	4	HN-42063	NUT, 5/16-18, FLANGED, SS BO
503	9	HS-18311	SCREW, 8-16 X .75", PNHD PHIL, STL
504	2	HS-20361	SCREW, SLFTP, 8-16 X 2.5", PLASTITE
551	1	KAX-22598-X*	KIT,751T SPLIT DISPLAY W ENUNCIATOR
554	1	AD-22403	PCA,751T SPLIT DISPLAY MCC
554	1	AD-22509	PCA,751T SPLIT DISPLAY IFI MCC
555	1	AW-21281	CABLE, DISPLAY UPPER TO LOWER
NS	1	AW-20280	POWER CORD, 115 VAC, 20A, 60HZ
NS	1	AW-20281	POWER CORD, 220 VAC, 15A, 60HZ
NS	1	AW-20282	POWER CORD, 230 VAC, 16A, 50HZ
NS	1	AW-20283	POWER CORD, UK, 230 VAC, 13A, 50HZ
NS	1	AW-22228	POWER CORD, DANISH, 230 VAC, 13A, 50HZ, IEC320
NS	1	AW-21882	CABLE,ADAPTER,LOCKING DC 2.1mm
NS	1	AX-20454	KIT, INSTALL HARDWARE
NS	1	KMR-20818	KIT,FAN REPLACEMENT,PCB MOTOR CONTROLLER
NS	1	LT-03051	SIGN, FACILITY SAFETY
NS	1	LT-20404	POSTER, INSTALL
NS	1	LT-20405	WARRANTY SHEET
NS	1	LT-20406-X*	OWNER'S MANUAL, 750T/751T

NOTE: *NS = Not Shown*

*Language Key
1-German
2-French
3-Spanish
4-English
6-Japanese
7-Swedish
8-Russian
A-Danish

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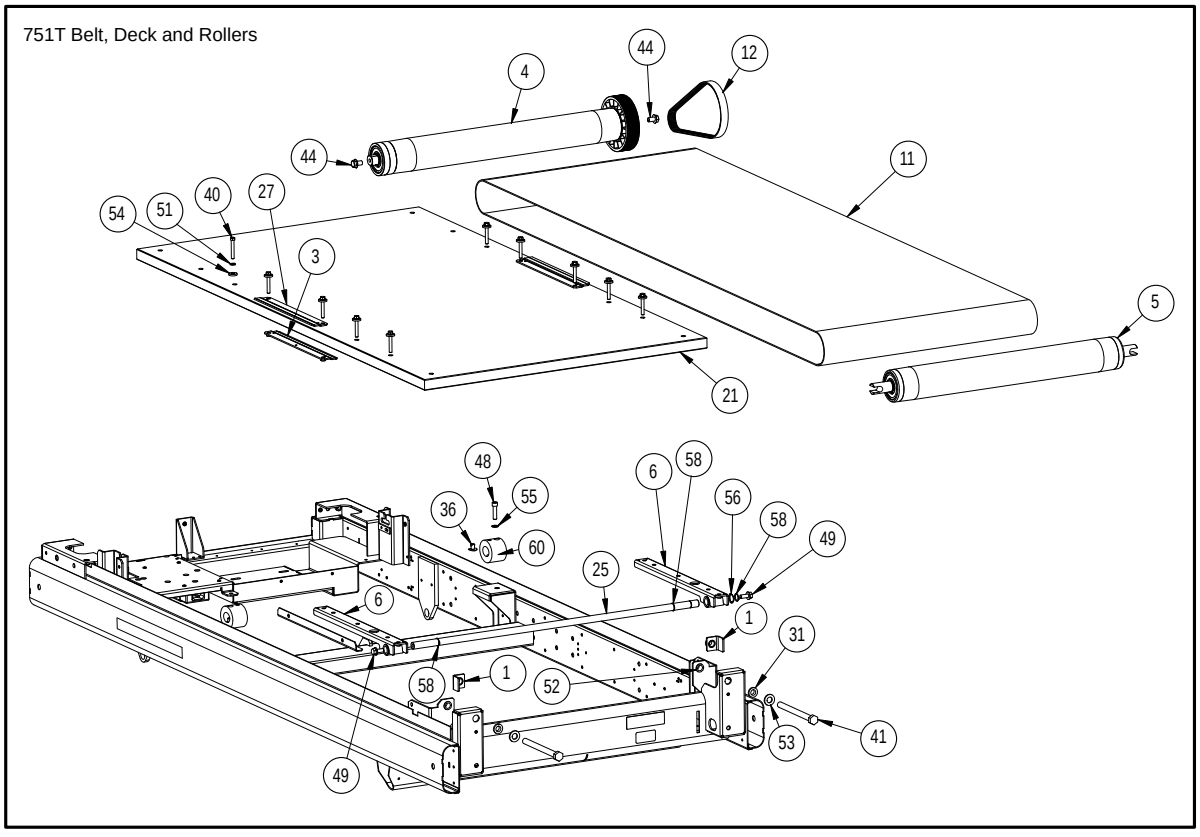
Appendix D – Exploded Views

ITEM	QTY.	PART NO.	DESCRIPTION	ITEM	QTY.	PART NO.	DESCRIPTION
1	2	AF-19988	NUT, ROLLER, REAR	47	1	HS-17937	BOLT, 3/8 - 24 X 2.75", HXHD CAP
3	2	AF-20206	CLAMP, LOWER, TOP STEP	48	2	HS-18358	BOLT, 5/16 - 18 X .1.25", SCHD CAP
4	1	AL-19740	ROLLER ASSY, FRONT	49	8	HS-19108	SCREW 5/16 - 18 X 3/4", HXHD
5	1	AL-19741	ROLLER ASSY, REAR	51	12	HW-00180	WASHER, SPLIT LOCK 1/4"
6	2	AX-20035	ASSY, DECK PIVOT BRACKET	52	2	HW-00590	BUSHING, NYLON, 1/2"
11	1	BD-19889	BELT, RUNNING, 21.88 X 61.75"	53	2	HW-10028	WASHER, 1/2"
12	1	BD-20049	BELT, DRIVE	54	14	HW-18123	WASHER, .344 ID X .75 OD X .125"
21	1	DK-20024	DECK, RUNNING, 29.00 X 53.5"	55	2	HW-20044	WASHER, BELLEVILLE, 15 X 8.2 X 1.0 mm
25	1	FM-20099	MOUNTING SHAFT, ELEVATION MOTOR	56	2	HW-20089	WASHER, WAVE, .650 ID X .855"
27	2	FS-20031	PLATE, RETAINER, UPPER, TOP STEP	58	7	HX-13771	RING, RETAINING, 5/8" 0.579 ID
31	2	HB-16367	BUSHING .50 ID X .62 OD X .31"	60	2	HX-19991	BUMPER, SPRING DECK, 2.10 X 2.34 X 1"
36	2	HN-20041	NUT, 1/4 - 20 PROPELLER				
40	12	HS-12295	BOLT, 1/4 - 20 X 1.75", HXHD, G5				
41	2	HS-15480	BOLT TAP, 1/2 - 13 X 6, HXHD				
44	8	HS-16929	BOLT WHIZ LOCK, 3/8 - 16 X .625", HXHD				

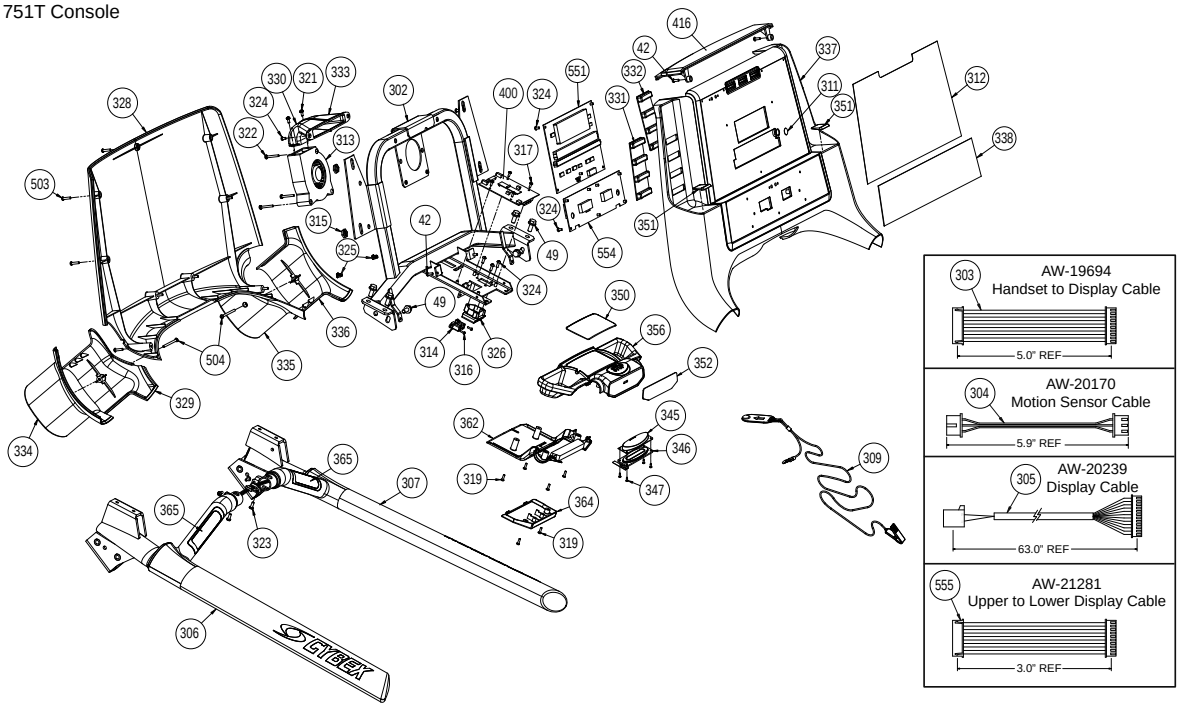


ITEM	QTY.	PART NO.	DESCRIPTION
42	9	HS-15706	SCREW, 8-16 X .50", PNHD, STL, BLK ZN
49	8	HS-19108	SCREW 5/16 - 18 X 3/4", HXHD
302	1	AF-21761	WELDMENT, CONSOLE
303	1	AW-19694	CABLE, HANDSET TO DISPLAY
304	1	AW-20170	CABLE, MOTION SENSOR
305	1	AW-20239	CABLE, 750T CONSOLE
306	1	AX-19936	ASSY, HANDRAIL, LEFT
307	1	AX-19941	ASSY, HANDRAIL, RIGHT
309	1	AX-20552	ASSY, E-STOP KEY
311	1	DE-20364	DIFFUSER, DISC, 0.6" OD
312	1	DE-21184	DECAL, 751T, CONSOLE, TOP, AMBER LED, LANGUAGES
312	1	DE-21184-4	DECAL, 751T, CONSOLE, TOP, AMBER LED, ENGLISH
313	1	EC-19706	FAN, 12 VDC, 120 X 120MM
314	1	EC-19974	SENSOR, IR MOTION
315	4	HN-20362	NUT, SELF THREADING, 3/8 X 11/16", ST
316	2	HS-10716	SCREW, 4-40 X 0.38", PNHD, PHIL
317	4	HS-14391	SCREW, 6-32 X .38, PNHD, PHIL
319	8	HS-18320	SCREW, 6-19 X 1-2", PNHD, PHIL
321	2	HS-20367	SCREW, SEMS, M4 X 10 mm, PNHD, PHIL
322	3	HS-20399	SCREW, SEMS, 8-32 X 1.25", PNHD, PHIL
323	4	HS-41006	SCREW, SLFTP, 10-24 X .5, PNHD, PHIL
324	15	HS-41187	SCREW, SLFTP, 8-16 X .3125", PLASTITE
325	2	HX-20360	INSERT, EXPANSION, PLASTIC, #8 - #1
326	1	PL-20143	HOUSING, E-STOP
328	1	PL-20210	CONSOLE, BACK PANEL
329	1	PL-20211	CONSOLE, JUNCTION COVER, INNER, LEFT

ITEM	QTY.	PART NO.	DESCRIPTION
330	1	PL-20218	DUCT, FAN, RIGHT
331	1	PL-20274	ISOLATOR, WATER, BOTTLE, LEFT
332	1	PL-20275	ISOLATOR, WATER, BOTTLE, RIGHT
333	1	PL-20340	DUCT, FAN, LEFT
334	1	PL-20355	COVER, JUNCTION, CONSOLE, OUTER, LEFT
335	1	PL-20356	COVER, JUNCTION, CONSOLE, INNER, RIGHT
336	1	PL-20357	COVER, JUNCTION, CONSOLE, OUTER, RIGHT
337	1	PL-20550	CONSOLE, FRONT
338	1	SW-21183-X*	MEMBRANE, 750T, KEYBOARD
345	1	PL-20549-X*	BUTTON, STOP, MOLDED
346	1	AX-20513	SWITCH, BUTTON, STOP
347	4	HS-20553	SCREW, 4 X 3/8", SLFTP, PNHD, PHIL, ZN, PLASTITE
350	1	DE-20735-X*	LABEL, WARNING, CONSOLE
351	2	KHX-21337	BOTTLE STABILIZER
352	1	DE-21596	LABEL, AV BLANK, 750T
352	1	SW-20813-X*	MEMBRANE,AV KEYPAD
356	1	AX-21798-X	ASSY,HANDSET,TOP W-TABS
362	1	PL-21792	COVER,HANDSET BOTTOM
364	1	PL-21794	COVER,HANDSET NON AV MODULE
365	1	KAW-20820	KIT,C-HR REPLACEMENT CONTACT GRIPS W-CONNECTOR WIRES
400	1	AD-21736	PCA, HANDSET, UNIVERSAL
416	1	PL-20278	CONSOLE TOP W/O A/V
503	9	HS-18311	SCREW, 8-16 X .75", PNHD PHIL, STL
504	2	HS-20361	SCREW, SLFTP, 8-16 X 2.5", PLASTITE
551	1	KAX-22598-4	KIT,751T SPLIT DISPLAY W ENUNCIATOR,ENG
554	1	AD-22403	PCA,751T SPLIT DISPLAY MCC
554	1	AD-22509	PCA,751T SPLIT DISPLAY IFI MCC
555	1	AW-21281	CABLE, DISPLAY UPPER TO LOWER

*Language Key
1-German 2-French 3-Spanish 4-English 6-Japanese 7-Swedish 8-Russian A-Danish

751T Console

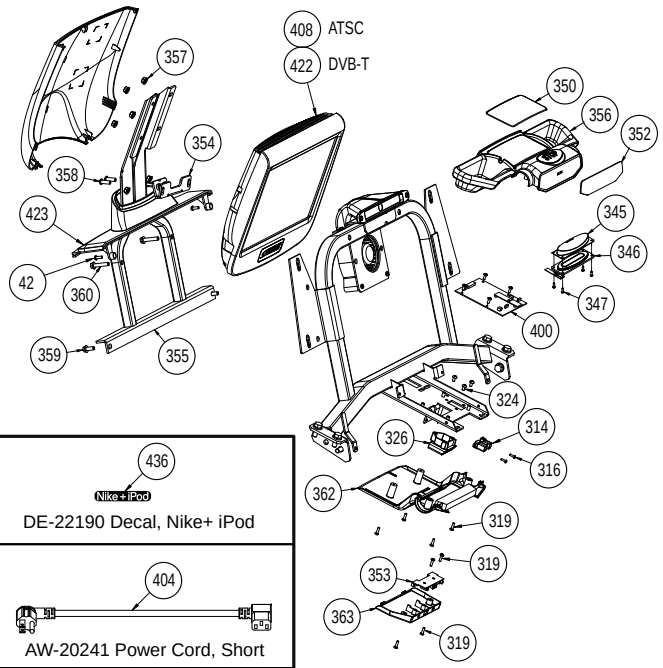


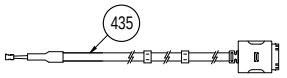
ITEM	QTY.	PART NO.	DESCRIPTION	ITEM	QTY.	PART NO.	DESCRIPTION
42	9	HS-15706	SCREW, 8-16 X .50", PNHD, STL, BLK ZN	358	2	HS-11347	BOLT,1-4-20X0.75,SCHD BTN,BLK
314	1	EC-19974	SENSOR, IR MOTION	359	2	HS-12083	BOLT LCK,1-4-20X.625
316	2	HS-10716	SCREW, 4-40 X 0.38", PNHD, PHIL	360	2	HS-13739	BOLT LCK,1-4-20X1.25,G5
319	8	HS-18320	SCREW, 6-19 X 1-2", PNHD, PHIL	362	1	PL-21792	COVER,HANDSET BOTTOM
324	15	HS-41187	SCREW, SLFTP, 8-16 X .3125", PLASTITE	363	1	PL-21793	COVER,HANDSET AV MODULE
326	1	PL-20143	HOUSING, E-STOP	400	1	AD-21736	PCA, HANDSET, UNIVERSAL
345	1	PL-20549-X*	BUTTON, STOP, MOLDED	403	1	AW-21489	CABLE,CAT5E 24" PATCH,BLUE
346	1	AX-20513	SWITCH, BUTTON, STOP	404	1	AW-20241	POWER CORD, IEC NEMA 5-15, SHORT FOR A/V
347	4	HS-20553	SCREW, 4 X 3/8", SLFTP, PNHD, PHIL, ZN, PLASTITE	406	1	AW-21499	CABLE,LOCKING RF and DC POWER CABLE,2795MM
350	1	DE-20735-X*	LABEL, WARNING, CONSOLE	408	1	CP-21072	MONITOR,13.3", ATSC, NTSC, PEM
352	1	SW-20813-X*	MEMBRANE,AV KEYPAD	422	1	CP-21073	MONITOR,13.3", DVB-T, SECAM, PAL, PEM
353	1	KAD-21926	PCA,PEM JACK BOARD	423	1	PL-21178	CONSOLE, TOP, A/V, 751T
354	1	AF-21482	BRACKET,AV,LOWER,750T	434	1	AW-20892	CABLE, COMP AV JACK BOARD, GREEN
355	1	KAF-21910	WELDMENT,AV,750T	435	1	AW-20841	CABLE,IPOD
356	1	AX-21798-X*	ASSY,HANDSET,TOP W-TABS	436	1	DE-22190	LABEL,NIKE+ IPOD
357	6	HN-21072	PEM MOUNTING NUT				

*Language Key
1-German 2-French 3-Spanish 4-English 6-Japanese 7-Swedish 8-Russian A-Danish

751T Console with A/V Option

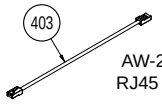
Console with A/V Option





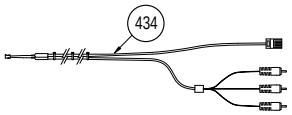
AW-20841 A/V Cable

DE-22190 Decal, Nike+ iPod

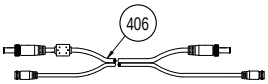


AW-21489 RJ45 Cable

AW-20241 Power Cord, Short



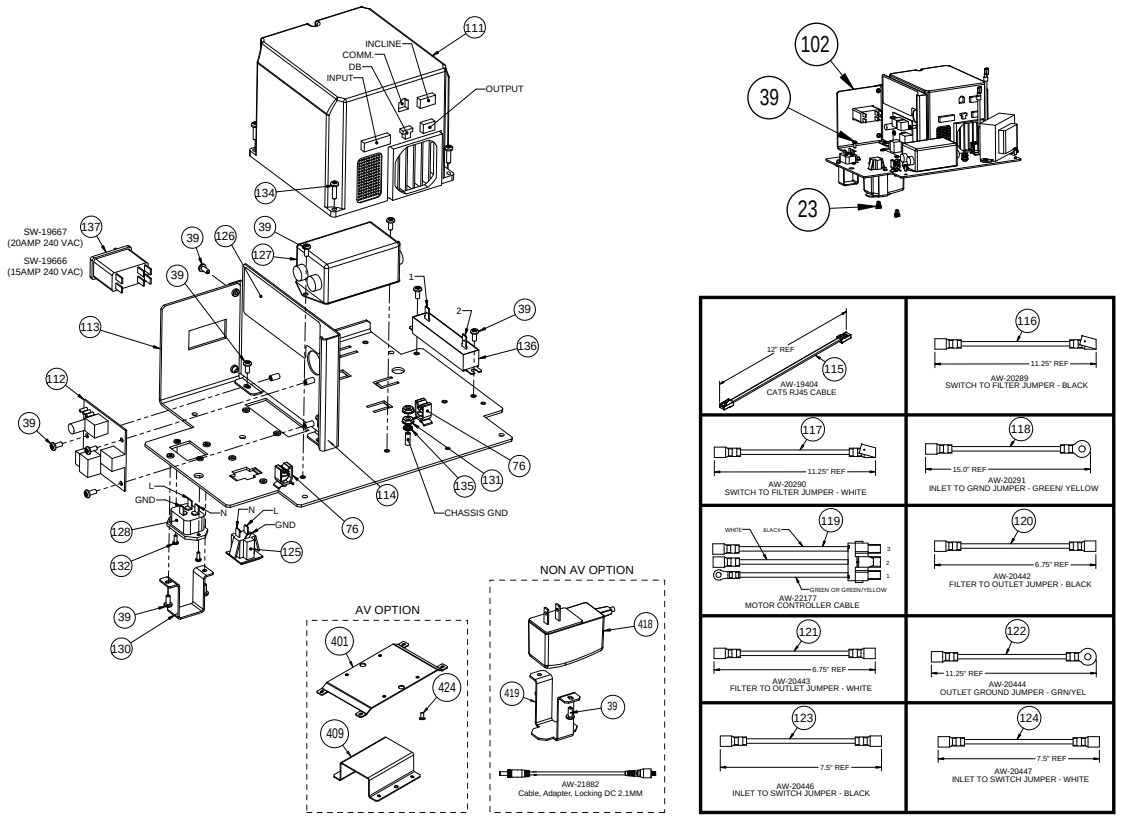
AW-20892 CABLE, COMP AV JACK BOARD,GREEN



AW-21499 A/V Cable

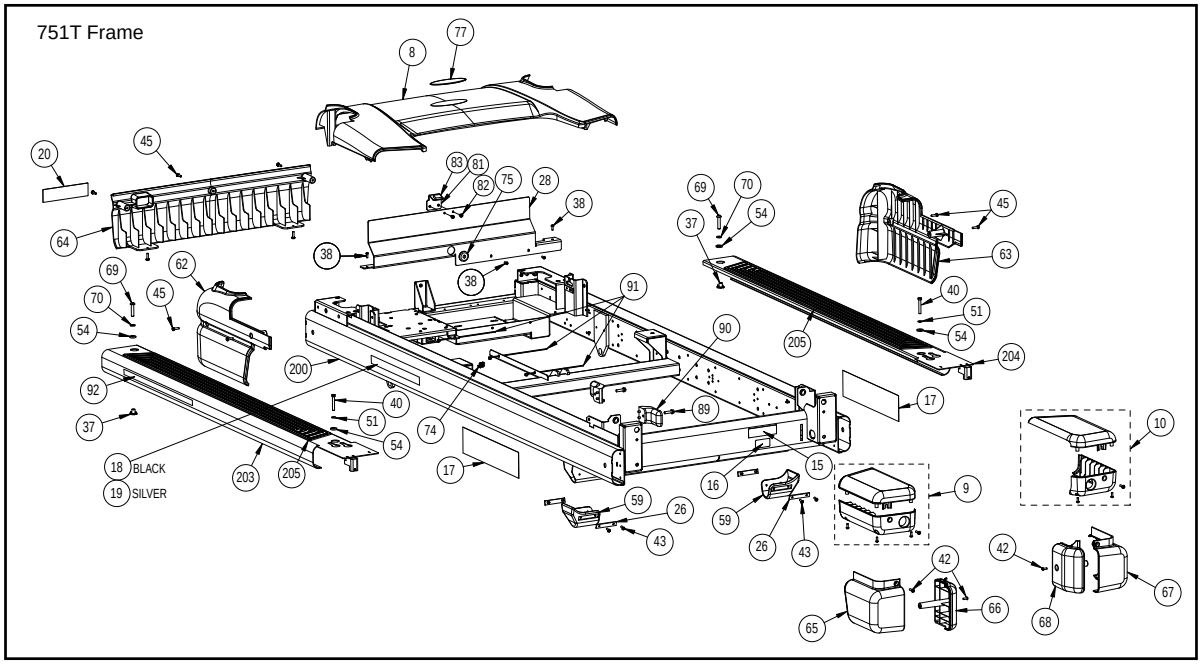
ITEM	QTY.	PART NO.	DESCRIPTION	ITEM	QTY.	PART NO.	DESCRIPTION
23	4	EH-10291	TY WRAP BASE	122	1	AW-20444	WIRE, OUTLET, GROUND JUMPER, GREEN
39	17	HS-11977	SCREW SEMS, 8-32 X .38, PNHD PHIL	123	1	AW-20446	WIRE, INLET TO SWITCH JUMPER, BLACK
76	2	EH-20244	CLIP, WIRE RETAINER, .24-.47"DIA	124	1	AW-20447	WIRE, INLET TO SWITCH JUMPER, WHITE
102	1	AX-20235	SUB ASSY, 110 VAC CONTROLLER	125	1	CN-20252	PLUG, NEMA 5-15R
102	1	AX-20236	SUB ASSY, 220 VAC CONTROLLER	126	1	DE-20558	LABEL, HUB BOARD
102	1	AX-20237	SUB ASSY, 230 VAC, 50HZ CONTROLLER	127	1	EC-18896	FILTER, 16A
111	1	KAD-22221	PCA, CONTROLLER, 115 VAC	128	1	EH-12208	INLET, IEC, 320 16-20 AMP
111	1	KAD-22431	PCA, CONTROLLER, 230 VAC	130	1	FS-20232	BRACKET, POWER CORD RETAINER
111	1	KAD-22223	PCA, CONTROLLER, 230 VAC, 50Hz	131	2	HN-11925	KEPS, 10-32, HEX, STL, ZN
112	1	AD-21879	PCA, HUB BOARD	132	2	HS-10405	SCREW, 4-40 X .25",PNHD PHIL
113	1	AF-20123	PLATE, SWITCHES	134	4	HS-15732	SCREW, SEMS, 8-32 UNC X .62", PNHD, PHIL
114	1	AF-20234	BRACKET,CONTROLLER, PCB	135	1	HW-10856	WASHER, LOCK, EXTERNAL, NO. 10
115	1	AW-19404	CABLE, CAT5, RJ45 FLAT PATCH 12"	136	1	RE-20242	RESISTOR, TM5, DYNAMIC BRAKE
116	1	AW-20289	WIRE, INLET TO SWITCH FILTER JUMPER	137	1	SW-19666	SWITCH, CIRCUIT BREAKER, 15 AMP, 240 VAC
117	1	AW-20290	WIRE, SWITCH TO FILTER JUMPER	137	1	SW-19667	SWITCH, CIRCUIT BREAKER, 20 AMP, 240 VAC
118	1	AW-20291	WIRE, INLET TO GROUND JUMPER, GREEN	401	1	AF-20137	BRACKET, A/V POWER SUPPLY
119	1	AW-22177	CABLE, MOTOR CONTROLLER	409	1	FS-20300	STRAP, A/V POWER SUPPLY
120	1	AW-20442	WIRE, FILTER TO OUTLET JUMPER, BLACK	418	1	TR-21881	POWER SUPPLY,12V FAN LOCKING DC
121	1	AW-20443	WIRE, FILTER TO OUTLET JUMPER, WHITE	419	1	FS-20233	BRACKET, FAN POWER SUPPLY RETAINER
				424	1	HS-11894	SCREW SEMS, 6/32 X .25", PNHD PHIL
				NS	1	KMR-20818	KIT,FAN REPLACEMENT,PCB MOTOR CONTROLLER

751T Controller Assembly



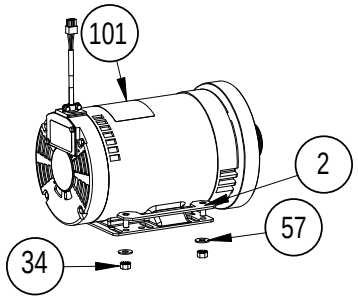
Exploded Views Page D-4

ITEM	QTY.	PART NO.	DESCRIPTION	ITEM	QTY.	PART NO.	DESCRIPTION
8	1	AX-20383	ASSY, MOTOR COVER	66	1	PL-20266	COVER, REAR, FRAME INNER, LEFT
9	1	AX-20452	ASSY, END CAP, LEFT				
10	1	AX-20453	ASSY, END CAP, RIGHT	67	1	PL-20269	COVER, REAR, FRAME OUTER, RIGHT
15	1	DE-14486	DECAL SERIAL NUMBER				
16	1	DE-18413	DECAL, ETL AND CSA	68	1	PL-20270	COVER, REAR, FRAME INNER, RIGHT
17	2	DE-19360	DECAL, CYBEX, BLACK				
18	2	DE-20392	DECAL, 750T, BLACK	69	2	HS-41107	BOLT, 5/16 - 18 X 1.5", BTHD, SST
19	2	DE-20393	DECAL, 750T, SILVER	70	2	HW-00165	WASHER, SPLIT LOCK 5/16"
20	1	DE-20427	DECAL, DISCONNECT POWER	74	2	EH-20254	CLIP,WIRE RETAINER,.24-.47", DIA,.105THK
26	4	FS-16511	PLATE, REAR RUBBER FOOT MOUNT	75	1	HX-20248	GROMMET,RUBBER,1.12"DIA
28	1	FS-20109	SHIELD, SPLASH	77	1	DE-19198	DECAL,CYBEX
37	2	HN-20693	NUT, TEE, 5/16 - 18, 1-2" BARREL	81	1	AF-20842	BRACKET, MOTOR COVER
38	4	HS-00700	SCREW, 8-32 X 0.50", PNHD PHIL	82	1	HS-11976	SCREW, SEMS, 10-32 X .38"
40	12	HS-12295	BOLT, 1/4 - 20 X 1.75", HXHD, G5	83	1	HX-20843	BUMPER, MOTOR COVER
42	9	HS-15706	SCREW, 8-16 X .50", PNHD, STL, BLK ZN	89	2	HS-22137	BOLT, 1/4-14 x 1.25",HXHD WSHR,TYP
43	8	HS-16509	SCREW SLFTP, 10 X .5", PNHD, PLT, TYP	90	2	PL-22129	BRACKET,POWER CORD STORAGE,PLASTIC
45	4	HS-16939	SCREW SEMS, 10-32 X .75, PNHD, BLK	91	5	EH-00986	TY WRAP 9"
51	12	HW-00180	WASHER, SPLIT LOCK 1/4", SST	92	1	DE-22327	LABEL,BLACK,INTELLIGENT SUSPENSION 3
54	14	HW-18123	WASHER, .344 ID X .75 OD X .125"	92	1	DE-22328	LABEL,SILVER,INTELLIGENT SUSPENSION 3
59	2	HX-19102	FOOT, RUBBER, REAR	200	1	AF-19890	WELDMENT, FRAME
62	1	PL-20262	COVER, LEFT SIDE FRONT	203	1	AX-20331	ASSY, TOP PLATFORM, LEFT
63	1	PL-20263	COVER, RIGHT SIDE FRONT	204	1	AX-20332	ASSY, TOP PLATFORM, RIGHT
64	1	PL-20264	COVER, FRONT	205	2	DE-20305	DECAL, SAFETY WALK
65	1	PL-20265	COVER, REAR, FRAME OUTER, LEFT				

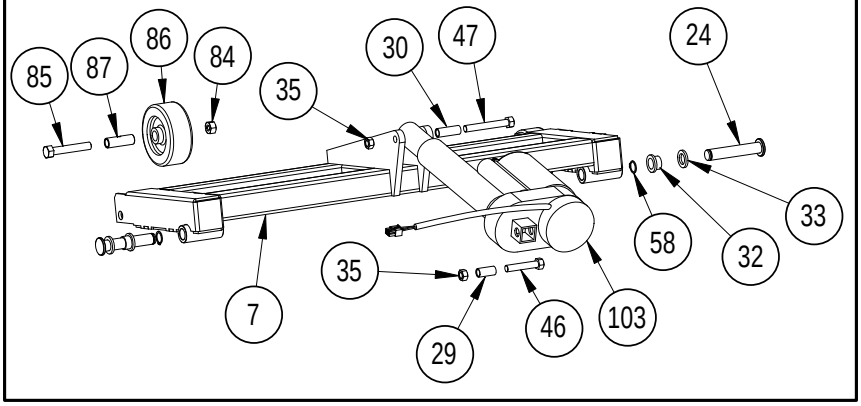


ITEM	QTY.	PART NO.	DESCRIPTION
2	2	AF-20052	BRACKET, MOTOR,MOUNTING
7	1	AX-20094	ASSY, ELEVATION
24	2	FM-20096	PIN, ELEVATION PIVOT
29	1	FT-16825	SLEEVE, ELEVATION MOUNTING, TOP
30	1	FT-16826	SLEEVE, ELEVATION MOUNTING, BOTTOM
32	2	HB-20097	BEARING, FLANGE, BRONZE
33	2	HB-20098	BEARING, THRUST, BRONZE
34	4	HN-11136	KEPS 5/16" HEX STL ZINC
35	2	HN-17935	NUT LOCK, 3/8 - 24
46	1	HS-17936	BOLT, 3/8 - 24 X 2.0", HXHD CAP
47	1	HS-17937	BOLT, 3/8 - 24 X 2.75", HXHD CAP
57	4	HW-53017	WASHER FLAT, 5/16", SS
58	7	HX-13771	RING, RETAINING, 5/8" 0.579 ID
84	1	HN-60064	NUT, JAM, 3/8 - 16", BLACK ZN
85	1	HS-60022	BOLT, 3/8 X 2.25", HXHD, CAP, BLK
86	1	CW-22240	WHEEL,80MM DIA X 32MM W
87	2	HX-22247	BUSHING,SPANNER,.500 OD X 1.5"L
101	1	MR-22239	ASSY, MOTOR, TREADMILL, AC DRIVE
103	1	MR-19992	MOTOR, ELEVATION, 115 VAC, 60 HZ
103	1	MR-19993	MOTOR, ELEVATION, 230 VAC, 50-60 HZ

751T Drive Motor



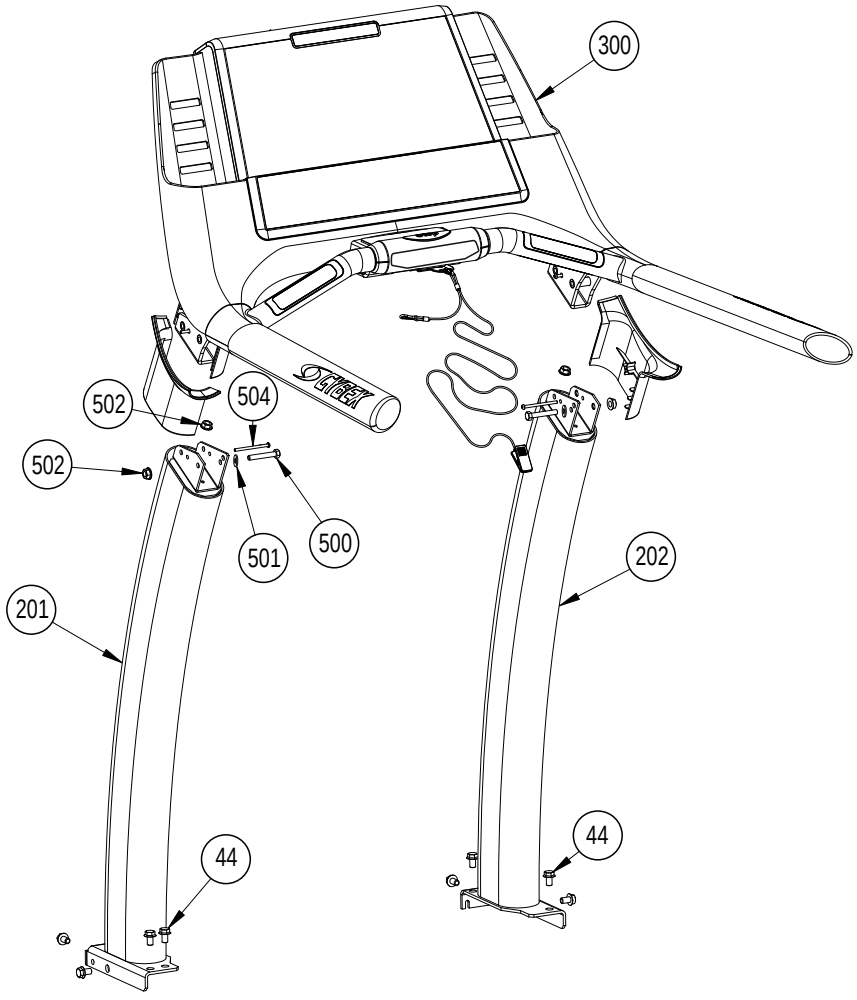
751T Elevation Motor



ITEM	QTY.	PART NO.	DESCRIPTION
44	8	HS-16929	BOLT WHIZ LOCK, 3/8 - 16 X .625", HXHD
201	1	AF-19921	WELDMENT, UPRIGHT, LEFT
202	1	AF-19922	WELDMENT, UPRIGHT, RIGHT
300	1	AC-21401-X*	ASSY, CONSOLE, 751T, AMBER LED
500	2	HS-41050	BOLT, 5/16-18 x 2.25", HXHD, G5, ZN
501	2	HW-00189	WASHER, FLAT, 5/16"
502	4	HN-42063	NUT, 5/16-18, FLANGED, SS BO
504	2	HS-20361	SCREW, SLFTP, 8-16 X 2.5", PLASTITE

*Language Key
1-German
2-French
3-Spanish
4-English
6-Japanese
7-Swedish
8-Russian
A-Danish

751T Upright Assembly



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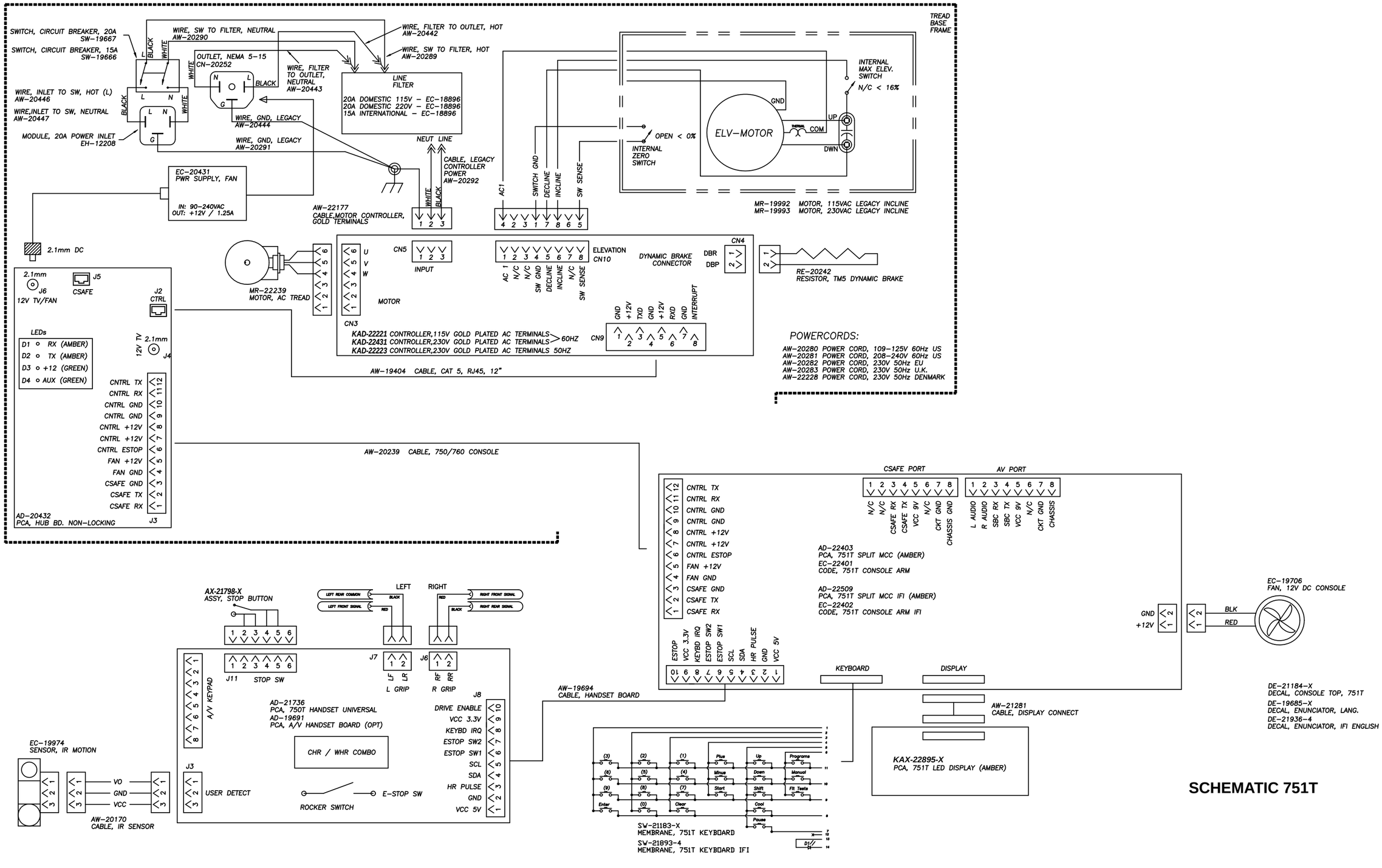
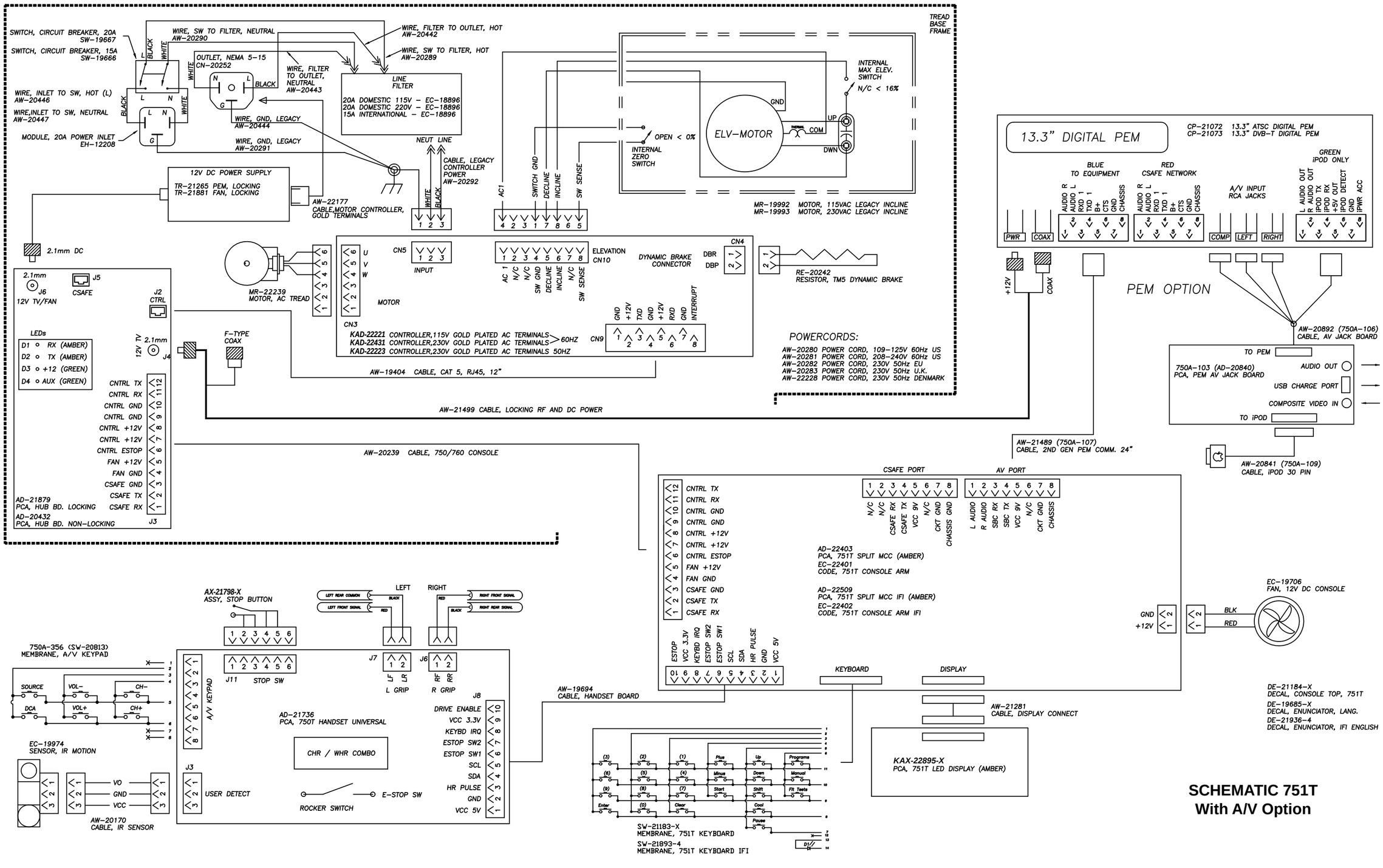

SWITCH, CIRCUIT BREAKER, 20A SW-19667
SWITCH, CIRCUIT BREAKER, 15A SW-19666
WIRE, SW TO FILTER, NEUTRAL AW-20290
WIRE, FILTER TO OUTLET, HOT AW-20442
WIRE, SW TO FILTER, HOT AW-20289
OUTLET, NEMA 5-15 CN-20252
WIRE, FILTER TO OUTLET, NEUTRAL AW-20443
LINE FILTER
20A DOMESTIC 115V - EC-18896
20A DOMESTIC 220V - EC-18896
15A INTERNATIONAL - EC-18896
WIRE, INLET TO SW, HOT (L) AW-20446
WIRE,INLET TO SW, NEUTRAL AW-20447
MODULE, 20A POWER INLET EH-12208
WIRE, GND, LEGACY AW-20444
WIRE, GND, LEGACY AW-20291
NEUT LINE
CABLE, LEGACY CONTROLLER POWER AW-20292
EC-20431 PWR SUPPLY, FAN
IN: 90-240VAC OUT: +12V / 1.25A
AW-22177 CABLE,MOTOR CONTROLLER, GOLD TERMINALS
TREAD BASE FRAME
INTERNAL MAX ELEV. SWITCH N/C < 16%
GND
UP
COM
DWN
ELV-MOTOR
OPEN < 0%
INTERNAL ZERO SWITCH
AC1
SWITCH GND
DECLINE
INCLINE
SW SENSE
MR-19992 MOTOR, 115VAC LEGACY INCLINE
MR-19993 MOTOR, 230VAC LEGACY INCLINE
2.1mm DC
2.1mm J6 12V TV/FAN
J5 CSAFE
J2 CTRL
LEDs
D1 RX (AMBER)
D2 TX (AMBER)
D3 +12 (GREEN)
D4 AUX (GREEN)
12V TV 2.1mm J4
CNTRL TX
CNTRL RX
CNTRL GND
CNTRL GND
CNTRL +12V
CNTRL +12V
CNTRL ESTOP
FAN +12V
FAN GND
CSAFE GND
CSAFE TX
CSAFE RX
J3
AD-20432 PCA, HUB BD. NON-LOCKING
MR-22239 MOTOR, AC TREAD
U
V
W
CN3
MOTOR
CN5
INPUT
CN10
ELEVATION
DYNAMIC BRAKE CONNECTOR
DBR
DBP
CN4
RE-20242 RESISTOR, TM5 DYNAMIC BRAKE
KAD-22221 CONTROLLER,115V GOLD PLATED AC TERMINALS 60HZ
KAD-22431 CONTROLLER,230V GOLD PLATED AC TERMINALS
KAD-22223 CONTROLLER,230V GOLD PLATED AC TERMINALS 50HZ
CN9
GND
+12V
TXD
GND
+12V
RXD
GND
INTERRUPT
AW-19404 CABLE, CAT 5, RJ45, 12"
POWERCORDS:
AW-20280 POWER CORD, 109-125V 60Hz US
AW-20281 POWER CORD, 208-240V 60Hz US
AW-20282 POWER CORD, 230V 50Hz EU
AW-20283 POWER CORD, 230V 50Hz U.K.
AW-22228 POWER CORD, 230V 50Hz DENMARK
AW-20239 CABLE, 750/760 CONSOLE
CSAFE PORT
AV PORT
N/C
N/C
CSAFE RX
CSAFE TX
VCC 9V
N/C
CKT GND
CHASSIS GND
L AUDIO
R AUDIO
SBC RX
SBC TX
VCC 9V
N/C
CKT GND
CHASSIS
AD-22403 PCA, 751T SPLIT MCC (AMBER)
EC-22401 CODE, 751T CONSOLE ARM
AD-22509 PCA, 751T SPLIT MCC IFI (AMBER)
EC-22402 CODE, 751T CONSOLE ARM IFI
ESTOP
VCC 3.3V
KEYBD IRQ
ESTOP SW2
ESTOP SW1
SCL
SDA
HR PULSE
GND
VCC 5V
GND
+12V
BLK
RED
EC-19706 FAN, 12V DC CONSOLE
AX-21798-X ASSY, STOP BUTTON
LEFT REAR COMMON
LEFT FRONT SIGNAL
LEFT
RIGHT
RIGHT FRONT SIGNAL
RIGHT REAR SIGNAL
J11 STOP SW
J7 L GRIP
J6 R GRIP
LF
LR
RF
RR
A/V KEYPAD
AD-21736 PCA, 750T HANDSET UNIVERSAL
AD-19691 PCA, A/V HANDSET BOARD (OPT)
CHR / WHR COMBO
J8
DRIVE ENABLE
VCC 3.3V
KEYBD IRQ
ESTOP SW2
ESTOP SW1
SCL
SDA
HR PULSE
GND
VCC 5V
J3
USER DETECT
ROCKER SWITCH
E-STOP SW
AW-19694 CABLE, HANDSET BOARD
KEYBOARD
DISPLAY
AW-21281 CABLE, DISPLAY CONNECT
KAX-22895-X PCA, 751T LED DISPLAY (AMBER)
EC-19974 SENSOR, IR MOTION
VO
GND
VCC
AW-20170 CABLE, IR SENSOR
SW-21183-X MEMBRANE, 751T KEYBOARD
SW-21893-4 MEMBRANE, 751T KEYBOARD IFI
Plus
Minus
Start
Clear
Up
Down
Shift
Cool
Pause
Programs
Manual
Fit Tests
Enter
DE-21184-X DECAL, CONSOLE TOP, 751T
DE-19685-X DECAL, ENUNCIATOR, LANG.
DE-21936-4 DECAL, ENUNCIATOR, IFI ENGLISH
SCHEMATIC 751T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WIRE, GND, LEGACY AW-20444
WIRE, GND, LEGACY AW-20291
NEUT LINE
CABLE, LEGACY CONTROLLER POWER AW-20292
12V DC POWER SUPPLY
TR-21265 PEM, LOCKING
TR-21881 FAN, LOCKING
AW-22177 CABLE,MOTOR CONTROLLER, GOLD TERMINALS
TREAD BASE FRAME
INTERNAL MAX ELEV. SWITCH N/C < 16%
ELV-MOTOR
GND
COM
UP
DWN
OPEN < 0%
INTERNAL ZERO SWITCH
AC1
SWITCH GND
DECLINE
INCLINE
SW SENSE
MR-19992 MOTOR, 115VAC LEGACY INCLINE
MR-19993 MOTOR, 230VAC LEGACY INCLINE
2.1mm DC
MR-22239 MOTOR, AC TREAD
CN5
INPUT
MOTOR
CN3
ELEVATION CN10
DYNAMIC BRAKE CONNECTOR
DBR
DBP
CN4
RE-20242 RESISTOR, TM5 DYNAMIC BRAKE
KAD-22221 CONTROLLER,115V GOLD PLATED AC TERMINALS
KAD-22431 CONTROLLER,230V GOLD PLATED AC TERMINALS
KAD-22223 CONTROLLER,230V GOLD PLATED AC TERMINALS 50HZ
60HZ
CN9
GND +12V TXD GND +12V RXD GND INTERRUPT
POWERCORDS:
AW-20280 POWER CORD, 109-125V 60Hz US
AW-20281 POWER CORD, 208-240V 60Hz US
AW-20282 POWER CORD, 230V 50Hz EU
AW-20283 POWER CORD, 230V 50Hz U.K.
AW-22228 POWER CORD, 230V 50Hz DENMARK
2.1mm J6 12V TV/FAN
J5 CSAFE
J2 CTRL
LEDs
D1 RX (AMBER)
D2 TX (AMBER)
D3 +12 (GREEN)
D4 AUX (GREEN)
12V TV 2.1mm J4
F-TYPE COAX
CNTRL TX
CNTRL RX
CNTRL GND
CNTRL GND
CNTRL +12V
CNTRL +12V
CNTRL ESTOP
FAN +12V
FAN GND
CSAFE GND
CSAFE TX
CSAFE RX
J3
AD-21879 PCA, HUB BD. LOCKING
AD-20432 PCA, HUB BD. NON-LOCKING
AW-19404 CABLE, CAT 5, RJ45, 12"
AW-21499 CABLE, LOCKING RF AND DC POWER
AW-20239 CABLE, 750/760 CONSOLE
13.3" DIGITAL PEM
CP-21072 13.3" ATSC DIGITAL PEM
CP-21073 13.3" DVB-T DIGITAL PEM
BLUE TO EQUIPMENT
RED CSAFE NETWORK
A/V INPUT RCA JACKS
GREEN iPOD ONLY
AUDIO R
AUDIO L
RXD 1
TXD 1
B+
CTS
GND
CHASSIS
L AUDIO OUT
R AUDIO OUT
iPOD TX
iPOD RX
+5V OUT
iPOD DETECT
GND
iPWR ACC
PWR
COAX
COMP
LEFT
RIGHT
+12V
PEM OPTION
AW-20892 (750A-106) CABLE, AV JACK BOARD
TO PEM
750A-103 (AD-20840) PCA, PEM AV JACK BOARD
AUDIO OUT
USB CHARGE PORT
COMPOSITE VIDEO IN
TO iPOD
AW-21489 (750A-107) CABLE, 2ND GEN PEM COMM. 24"
AW-20841 (750A-109) CABLE, iPOD 30 PIN
CSAFE PORT
AV PORT
N/C
CSAFE RX
CSAFE TX
VCC 9V
CKT GND
CHASSIS GND
L AUDIO
R AUDIO
SBC RX
SBC TX
AD-22403 PCA, 751T SPLIT MCC (AMBER)
EC-22401 CODE, 751T CONSOLE ARM
AD-22509 PCA, 751T SPLIT MCC IFI (AMBER)
EC-22402 CODE, 751T CONSOLE ARM IFI
ESTOP
VCC 3.3V
KEYBD IRQ
ESTOP SW2
ESTOP SW1
SCL
SDA
HR PULSE
GND
VCC 5V
KEYBOARD
DISPLAY
AW-21281 CABLE, DISPLAY CONNECT
KAX-22895-X PCA, 751T LED DISPLAY (AMBER)
EC-19706 FAN, 12V DC CONSOLE
BLK
RED
DE-21184-X DECAL, CONSOLE TOP, 751T
DE-19685-X DECAL, ENUNCIATOR, LANG.
DE-21936-4 DECAL, ENUNCIATOR, IFI ENGLISH
AX-21798-X ASSY, STOP BUTTON
LEFT REAR COMMON
LEFT FRONT SIGNAL
RIGHT FRONT SIGNAL
RIGHT REAR SIGNAL
LEFT
RIGHT
750A-356 (SW-20813) MEMBRANE, A/V KEYPAD
SOURCE
VOL-
CH-
DCA
VOL+
CH+
A/V KEYPAD
J11 STOP SW
J7 L GRIP
J6 R GRIP
LF
LR
RF
RR
AD-21736 PCA, 750T HANDSET UNIVERSAL
CHR / WHR COMBO
ROCKER SWITCH
E-STOP SW
USER DETECT
J8
DRIVE ENABLE
VCC 3.3V
KEYBD IRQ
ESTOP SW2
ESTOP SW1
SCL
SDA
HR PULSE
GND
VCC 5V
AW-19694 CABLE, HANDSET BOARD
EC-19974 SENSOR, IR MOTION
VO
GND
VCC
AW-20170 CABLE, IR SENSOR
SW-21183-X MEMBRANE, 751T KEYBOARD
SW-21893-4 MEMBRANE, 751T KEYBOARD IFI
Programe
Manual
Fit Tests
Plus
Minus
Start
Up
Down
Shift
Cool
Pause
Enter
Clear
SCHEMATIC 751T
With A/V Option